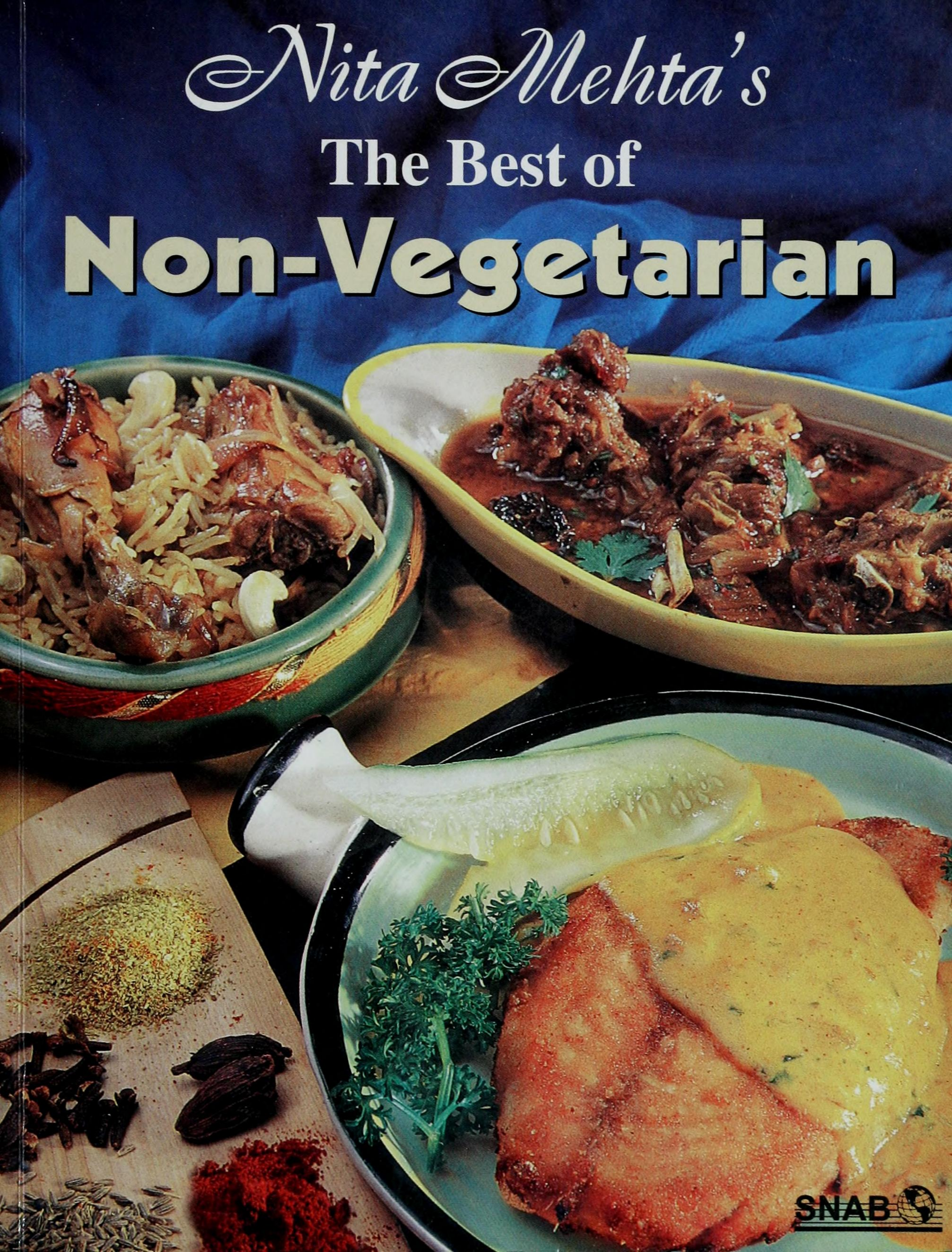
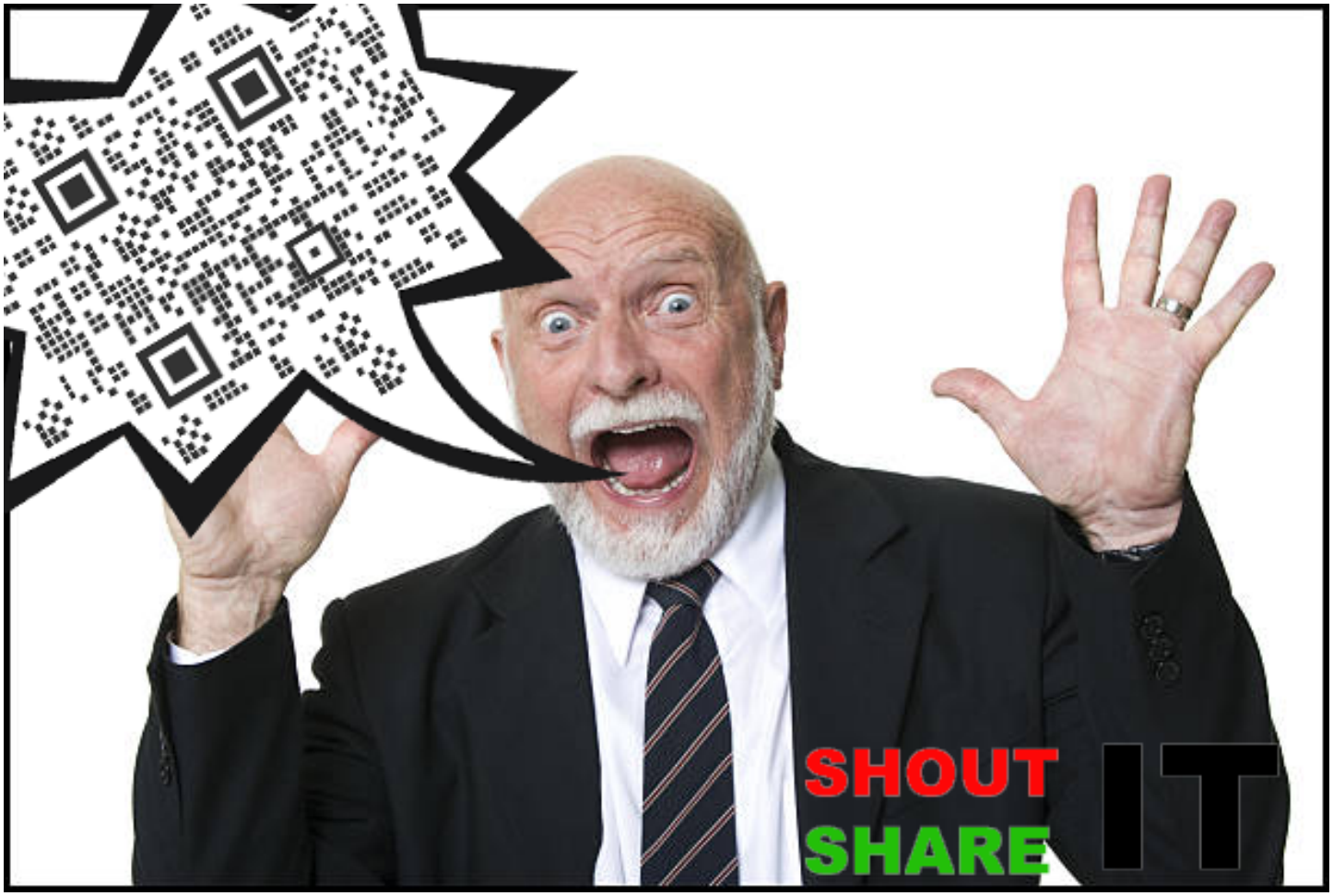
Nita Mehta's

The Best of Non-Vegetarian



SNAB


SHOUT
SHARE
IT

Nita Mehta's

The Best of

Non-Vegetarian

All recipes are tried and tested.
If you have any queries:

E-mail: nitamehta@email.com
Website: http://www.nitamehta.com

for Gabriela

With best wishes

From

Rama and Ganesh

(Girija's parents)

30-Sep-2007

Nita Mehta's

The Best of

Non-Vegetarian

Nita Mehta

M.Sc. (Food and Nutrition), Gold Medalist

CO AUTHOR

TANYA MEHTA

SNAB

Publishers Pvt. Ltd.

Nita Mehta's

The Best of
Non-Vegetarian

© Copyright 2002-2003 SNAB Publishers Pvt Ltd

WORLD RIGHTS RESERVED: The contents - all recipes, photographs and drawings are original and copyrighted. No portion of this book shall be reproduced, stored in a retrieval system or transmitted by any means, electronic, mechanical, photocopying, recording or otherwise, without the written permission of the publishers.

While every precaution is taken in the preparation of this book, the publishers and the author assume no responsibility for errors or omissions. Neither is any liability assumed for damages resulting from the use of information contained herein.

TRADEMARKS ACKNOWLEDGED: Trademarks used, if any, are acknowledged as trademarks of their respective owners. These are used as reference only and no trademark infringement is intended upon.

Reprint 2003

ISBN 81-7869-023-3

Food Styling & Photography: SNAB

Layout and laser typesetting:

N.I.T.A. ☎ 23252948
National Information Technology Academy
3A/3, Asaf Ali Road
New Delhi-110002

Picture on page 1: ***Akbari Kebabs***
Butter Prawn Curry

Picture on page 2: ***Mangolian Chicken***
Chicken Dim Sums

Picture on cover: ***Rajasthani Lal Maans***
Grilled Fish Fillets in Curry Sauce
Chicken Biryani

Picture on back cover: ***Chicken in Garlic Butter Sauce***

Picture on last page: ***Striped Chocolate Cheese Cake***

Published by:

SNAB Publishers Pvt Ltd
3A/3 Asaf Ali Road
New Delhi-110002

Editorial and Marketing office:
E-348, Greater Kailash-II, N.Delhi-48
*Fax:*91-11-26235218 *Tel:*91-11-26214011, 26238727
E-Mail: nitamehta@email.com
snab@snabindia.com

The Best of Cookery Books
*Website:*http://www.nitamehta.com
Website: http://www.snabindia.com

Printed at:
THOMSON PRESS (INDIA) LIMITED

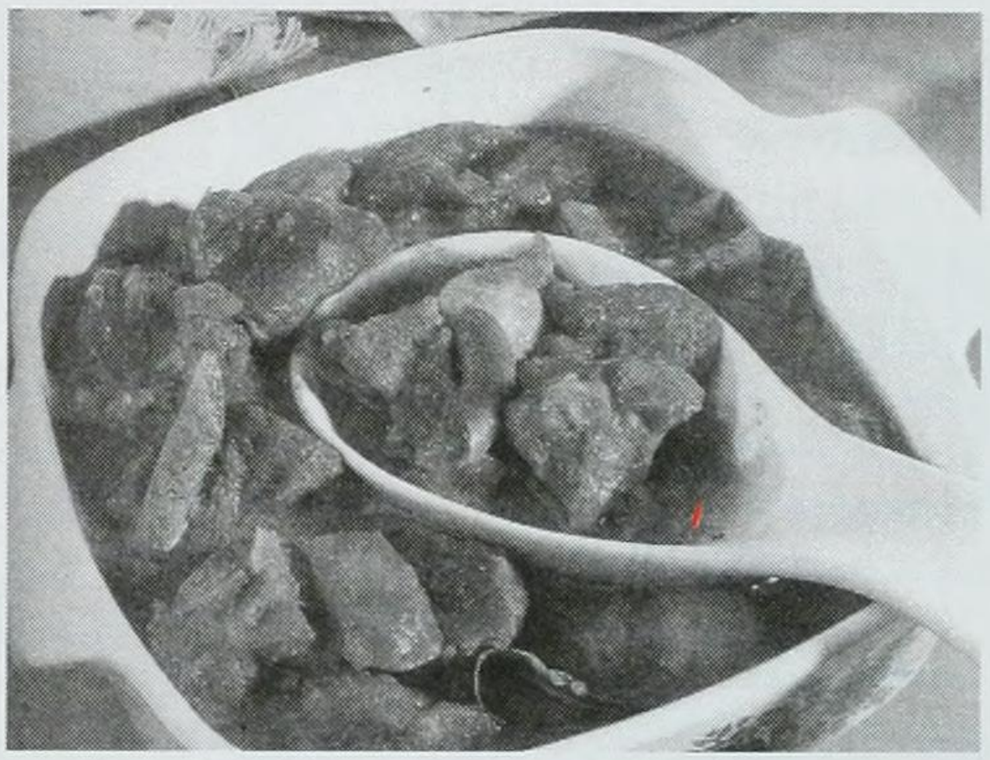
Distributed by:
THE VARIETY BOOK DEPOT
A.V.G. Bhavan, M 3 Con Circus
New Delhi - 110 001
Tel: 23417175, 23412567; Fax: 23415335

Price: [redacted]

Introduction

Meat, fish and chicken are excellent sources of quality protein. They also supply appreciable amounts of minerals, calcium, iron and phosphorus and the B complex vitamins. Meat, fish and poultry may be served as soups, appetizers, curries, kebabs, koftas and pies.

The recipes include non-vegetarian cuisines from all over the world – Indian, Thai, Italian, Chinese, Mexican, Malaysian and Continental English cooking. The *Thai prawns in lemon sauce*, the *lasagne with minced meat filling, fish fillet in curry sauce from Malaysia, the authentic moussaka from Greece* in which meat is combined with eggplants and the *English bakes* with sauce



and cheese are just a few to name. And, how could I miss out on the all-time favourite Indian delicacies like *chicken tikka from Punjab, the fiery Chettinad curry of the South, lal maans from the colourful Rajasthan, rogan josh from Kashmir* – the paradise on earth and many others. Rich spices and exotic, yet easily available ingredients help you produce wonderful results.

Every recipe is explained with the minutest detail to give you delightful results. Wherever extra care and precautions are needed during the process, I have mentioned them very clearly, so that you just cannot go wrong. For e.g. if you cook prawns for even a little longer them 3-4 minutes, they turn tough and hard. Mutton and chicken if cooked on very high heat tend to get hard as the protein in them toughens on high heat. Cooking on moderate heat is best for mutton and chicken whereas fish requires cooking on low heat. Learn the cooking secrets and enjoy a variety of perfect non-vegetarian food.

Nita Mehta

Contents

Introduction 5
Tips on Buying, Storing & Cooking 9

Snacks 10

Cheesy Chicken Triangles 11
Chicken & Corn Wraps 12
Chicken Dim Sums 13
Italian Chicken Crostini 14
Chicken Nuggets 15
Dry Chilli Chicken 16
Chicken Rolls 17
Chicken Burrito 18
Chilli Chicken Hot Dogs 20
Chicken Satay with Peanut Sauce 21
Mutton Mince Crepes 22
Chatpate Mutton Balls 23
Kashmiri Lamb Chops 24
Keema Puff Pakora 25
Thai Chilli Prawns 26
Fish Fingers with Tartar Sauce 27
Hot & Sour Garlic Fish 28

Soups & Salads 30

Pasta Chicken Salad 31
Thousand Island Tomatoes 32
Caesar Salad 33
Hawaiian Salad 34
Chicken Almond Soup 34
Hot & Sour Soup 35
Sweet Corn Soup 36
Mushroom Chicken Soup 37
Tom Yum Gai Soup 37
Salad Nicoise 38
Clear Prawn Soup 40

Tandoori - Tikkas & Kebabs 41

Akbari Kebabs 42
Tandoori Chaat 43
Saunfiya Kebabs 44
Pista Murg Tikka 45
Tandoori Chicken 46
Boti Kebab 47
Badaami Tangri 48
Kakori Kebab 50
Shami Kebabs 51
Fish Tikka 52
Methi Fish Tikka 53
Malai Prawns 54

Chicken Main Dishes

Indian 55

Murg Kadhai Waala 56
Sirka Pyaz Murg 57
Chicken Amravati 58
Chicken Chettinad 60
Mughlai Murg Curry 61
Murg Kali Mirch 62
Butter Chicken 63
Saag Murg 64
Hyderabadi Murg Korma 65
Punjabi Chicken Curry 66
Kashmiri Chicken Kalia 67
Chicken Jalfrezi 68
Chicken in Tamarind Sauce 70
Murg Navrattan 71
Kasoori Murg Malai 72
Danival Korma 73

Continental, Thai & Chinese 74

Chicken Sizzler 75
Chicken in Mustard Sauce 76
Mince Steak with Mushroom Sauce 77
Nutty Stir Fried Thai Chicken 78
Chicken in Garlic Butter Sauce 80
Chicken in Black Pepper Sauce 81
Shredded Sesame Chicken 82
Mongolian Chicken 83
Chicken Manchurian 84
Chicken-Mushrooms in Red Thai Curry 85
Green Thai Curry 86
Chicken Maryland 87

Mutton Main Dishes

Indian 88

Rajasthani Laal Maans 90
Dahi Gosht 91
Mutton Do Piyaza 92
Saag Meat 93
Keema Matar 94
Kashmiri Kofta Curry 95
Rogan Josh 96

Mutton Main Dishes

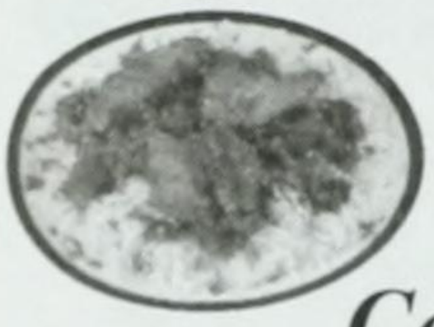
Continental, Thai & Chinese 97

Shepherd's Pie 98
Lasagne with Minced Meat 100
Sliced Lamb & Peanuts in Red Thai curry 101
Braised Lamb in 5 Spice Powder 102

Fish & Seafood Main Dishes

Indian 103

Grilled Fish Fillets in Curry Sauce 104
Bengali Fish Curry 105
Butter Prawn Curry 106
Tomato Fish 107
Baked Fish Dum 107



Continental, Chinese & Thai 108

Crispy Fried Fish 109
Fish & Pineapple Bake 110
Steamed Fish with Garlic & Ginger 111
Coconut Prawn Curry 112
Prawns in Chilli Sauce 113
Batter fried Prawns in Lemon Sauce 114

Rice & Roti 115

Keema Parantha 116
Poodina Parantha 118
Chicken Biryani 119
Chicken Fried Rice 120
Yakhni Pulao 121
Thai Pineapple Fried Rice 122

Sweet Dishes 123

Rum Crumb Delight 124
Um Ali 125
Striped Chocolate Cheese Cake 126

Tips on Buying, Storing & Cooking

CHICKEN

BUYING & STORING:

- Do not buy a chicken with yellow skin & flesh. Buy one with white skin & flesh.
- Never refreeze thawed out chicken, as it will turn hard and tough on cooking.

COOKING:

- Do not over cook chicken. It tends to get hard.
- Use moderate to low heat for tender, juicy and uniformly cooked chicken.
- Marinate chicken for grilling and tandoori recipes. It helps to tenderize the meat.

MUTTON

BUYING:

- Pale pink flesh indicates young lamb or goat and the flesh darkens as its age increases. As a general rule, the younger the lamb the more tender it is. The creamy white fat turns yellow as the animal grows older.

COOKING:

- Use constant moderate to low temperature for cooking meat. High temperatures toughen the protein, squeeze out the juices and cause excessive shrinkage.
- Marinate less tender cuts of meat in raw papaya, kachari, vinegar, curd, sour milk or cook in tomato juice to hasten change of collagen to gelatine which makes the meat tender.
- Meat for grilling or tandoori should be at room temperature before begining.

FISH & SEAFOOD

BUYING:

- The flesh of the whole fish should be firm to touch. If your finger leaves a depression, the fish is not fresh enough to eat. The eyes should be clear, bright and shiny and not dull or sunken. It should not have a strong fishy odour.

STORING:

- Fish and prawns are very perishable. Store uncooked in the refrigerator for not more than 1-2 days.

COOKING:

- To remove the fish odour, rub a little lemon juice, salt and turmeric (haldi) on the fish and keep aside for at least 15-20 minutes. Wash and proceed.
- Cook fish only till tender, till it falls easily into clumps of snowy white flakes when tested with a fork. Fish cooks very quickly beacuse it has very little connective tissue. Cook prawns only for 2-3 minutes, stirring frequently. Prawns and shrimp turn pink and become firm when done. Never over cook.
- Always cook fish at low temperatures. High temperature tends to toughen fish.

SNACKS

Cheesy Chicken Triangles

A quick & tasty snack.

Serves 4-6 *Picture on page 39*

6-8 slices bread
1 chicken breast
50 gm processed cheese - grated
mustard paste (ready made) - enough to spread, optional
or masala chilli tomato sauce - enough to spread
½ tomato - pulp removed and cut into tiny squares

SAUCE (1 cup)
2 tbsp butter
2 tbsp maida (flour)
1 cup milk
¼ cup cream
salt, freshly crushed peppercorns (saboot kali mirch) to taste
½ capsicum - chopped finely

1. Wash the chicken. Boil with ½ tsp salt in ½ cup water till tender or pressure cook with ½ cup water and ½ tsp salt to give 1 whistle. Debone the meat and cut into cubes to get about ¾ cup.
2. To prepare the white sauce, melt butter in a heavy bottomed pan. Add maida and stir for a minute. Add capsicum. Stir for a few seconds. Remove from fire. Add milk, stirring continuously. Return to fire and cook, stirring continuously till thick. Add salt, pepper to taste. Remove from fire. Add cream. Keep the sauce aside.
3. To the sauce, add boiled chicken, half of the cheese and seasonings.
4. Spread mustard paste or masala chilli tomato sauce on each slice of bread.
5. Spread the chicken mixture on the bread slices. Grate some cheese. Sprinkle a few tomato pieces. Sprinkle crushed peppercorns.
6. Grill it in hot oven for 7-8 minutes or till slightly brown.

Note: If you do not have masala chilli tomato sauce, mix 2 tsp of red chilli sauce to 2 tbsp tomato sauce.

Chicken & Corn Wraps

Makes 16 pieces

WRAPPING

1 cup maida (plain flour), 2 eggs, 2 cups milk, ¼ tsp baking powder, ¼ tsp salt

FILLING

1 tbsp butter, 4-6 flakes garlic - crushed, 1 tbsp tomato sauce
2-3 spring onions - chopped finely up to the greens, 1 capsicum - chopped finely
3-4 cooked sausages or ham - chopped finely
or
1 cup boiled & shredded boneless chicken
½ cup cooked corn kernels, 2 tbsp cheese spread or grated cheese
2 tsp mustard paste, ½ tsp salt, ¼ tsp pepper, ¼ tsp red chilli powder

TOPPING

8-10 tbsp grated cheese, preferably pizza cheese or mozzarella
a few leaves of coriander or parsley

1. To prepare the wrappings, sift maida, salt and baking powder.
2. Beat eggs lightly. Add milk. Add the maida and beat well to a smooth batter.
3. Heat a small non stick pan. Grease it slightly. Add a small karchhi of batter and rotate the pan to spread the batter completely over the bottom of the pan to get a small pancake of about 5-6" diameter. Cook on low or low medium heat to keep it very light golden in colour. Cook on one side only, do not turn side, remove from heat. Keep the pancakes aside.
4. Save 1 tbsp of the batter for sealing the edges of the pancakes.
5. For the filling, heat butter in the pan. Add spring onions and garlic. Stir. Add the capsicum, ham, sausages or chicken, corn, salt, pepper and mustard paste and stir fry for 1 minute. Remove from heat. Add tomato ketchup. Keep filling aside.
6. Place the pancake with the cooked side down on a flat surface. Spread ½ tsp of cheese in the centre portion. Spoon a little filling on the cheese, fold all the four sides to get a small square or rectangle, of about 1½-2 inches. Stick the sides with a little left over batter of the pancakes.
7. Line a baking tray with aluminium foil and grease it. To serve, keep the pancakes on the lined baking tray, keeping the tucked side down. Sprinkle 1 tbsp of grated cheese and coriander on each pancake.
8. Bake for 8-10 minutes in hot oven at 200°C, till the pancakes turn a little brown and the cheese melts. Serve hot with the help of spatula on a platter garnished with lettuce.

Note: If the frying pan is big, make big pancakes and cut them into half.

Chicken Dim Sums

A steamed Chinese snack. Use a steamer basket or an idli stand for steaming them.

Makes 14 pieces *Picture on page 2*

STUFFING

200 gms chicken mince
2 tbsp very finely chopped onion
1 tbsp chopped parsely or coriander
¼ cup finely chopped carrot
salt & pepper to taste, ½ tsp ajinomoto (optional)
1 tsp soya sauce
2 tbsp oil

DOUGH

1 cup plain flour *(maida)*, 1 tbsp oil, ¼ tsp salt

DIP SAUCE

5 tbsp soya sauce, 2 tbsp white vinegar, 1 tbsp oil
4 flakes garlic - crushed to a paste, ½ tsp chilli powder, 1 tsp tomato ketchup

1. Sift maida with salt. Add oil and knead with enough water to a stiff dough of rolling consistency, as that for puris. Keep in a cool place covered with a damp cloth for 30 minutes.
2. Wash and strain the mince. Press to squeeze out the excess water. Add salt, pepper and oil and churn in a mixer grinder till the mince is very finely ground. Add onion, carrot and parsley. Keep stuffing aside.
3. Take out the dough and form small balls. Roll out flat, as thin as possible into small rounds of 2½" diameter.
4. Put some stuffing in the centre and make it into a balls. Roll the ball between the hands to give it an elongated shape like a roll.
5. To steam, put them in idlis stands or a steamer & steam for 10 minutes.
6. Cool the dim-sums. Cut a slice from the top to expose the filling. Dot with chilli sauce.
7. To prepare the dip sauce, mix all ingredients in a bowl. Serve dim-sums with dip sauce.

Note: For vegetable dumplings, use mixed minced vegetables instead of chicken.

Italian Chicken Crostini

Crostinis are small, thick toasts with meat or vegetables and cheese and topped with olive oil. These make wonderful starters.

Serves 6-8

1 loaf french bread - cut into ½" slices
2 tsp garlic paste or finely chopped garlic
1 cup (150 gm) boneless chicken - cut into small pieces
½ tsp salt, ½ tsp pepper
¼ tsp oregano
2 tbsp oil
1 tomato - pureed in the mixer (½ cup)
some red chilli flakes to sprinkle

GARLIC BUTTER
3 tbsp softened butter
4-5 flakes garlic - crushed
a pinch of salt & ¼ tsp freshly crushed pepper corns (saboot kali mirch)

TOPPING
1 cup grated cheese, preferably parmesan or mozzarella
1 tbsp finely chopped coriander or parsley
2 tbsp olive oil or any cooking oil

1. Heat oil. Reduce heat. Add garlic paste. Fry till it starts to change colour.
2. Add chicken and stir fry till it changes colour. Add salt, pepper, oregano and tomato puree. Cook covered till chicken is tender and absolutely dry.
3. Prepare garlic butter by mixing softened butter with garlic, salt and pepper.
4. Cut French loaf diagonally into ½" thick slices.
5. On each slice spread some garlic butter. Sprinkle some chilli flakes.
6. Arrange a few chicken pieces. Cover with grated cheese. Sprinkle a little coriander. Spoon a little olive oil on top.
7. Bake in a preheated oven for 10 minutes or till the base of the bread turns crisp and the cheese melts. Serve hot.

Chicken Nuggets

Serves 4

MARINATE FOR 1-2 HOURS
4 chicken (broiler) thighs - each cut into 2 pieces
2 tbsp lemon juice
4-5 flakes garlic - crushed
¼ tsp freshly ground pepper
1 tsp salt, or to taste

COATING
¼ cup maida mixed with ¼ tsp salt
1 egg - beaten with 1 tbsp water
½ cup dry bread crumbs
oil for frying

1. Place the chicken pieces in a bowl. Marinate with lemon juice, garlic, salt and pepper for 1-2 hours.
2. Pressure cook chicken pieces with ½ cup water to give 2 whistles.
3. Keep maida in a plate. Beat egg in a bowl. Keep bread crumbs in a shallow plate.
4. Drain the water from the chicken pieces well. Put on a paper napkin to absorb any liquid.
5. Coat each chicken piece well with maida (press well in maida). Dip in egg and press in bread crumbs. Refrigerate till frying.
6. Heat oil on medium heat.
7. Deep fry on low heat for 3-4 minutes, 2-3 at a time, till golden brown and chicken is cooked. Drain on absorbent paper.
8. Garnish with lemon wedges and a coriander or parsley sprig. Serve hot with a sauce.

Dry Chilli Chicken

Serves 4-6

1 chicken (700-800 gms) - cut into 12 pieces
OR
500 gm boneless chicken - cut into 1" pieces
2 tbsp ginger-garlic paste (fresh)
½ tbsp red chilli paste, see note
2 tbsp soya sauce
1 tbsp vinegar
2 tbsp red chilli sauce, 2 tsp tomato sauce
1 tsp cornflour dissolved in ¼ cup water
½ tsp pepper powder, 1 tsp salt
½ tsp sugar
¼ tsp ajinomoto (optional)
5 tbsp oil
6-8 green chillies - slit lengthwise and deseeded
2-3 spring onions - cut into ½" pieces
1 capsicum - cut into ½" pieces

1. Cut the chicken into small pieces by placing a sharp knife over the piece and hitting the knife with anything hard that cracks the bone and can cut through the piece, or take boneless chicken, cut into 2" pieces.
2. Marinate the chicken with ginger-garlic paste, red chilli paste, soya sauce, vinegar, pepper, salt, sugar and ajinomoto for ½ hour.
3. Heat 5 tbsp oil in a pressure cooker, add the marinated chicken. Stir fry on medium flame for 5 minutes or till dry.
4. Add ¾ cup water and close the lid of the pressure cooker. Pressure cook to give 1 whistle. Remove from flame.
5. After the pressure drops, add red chilli sauce and tomato sauce. Add cornflour. Boil, stirring continously. Cook till sauces coat chicken well.
6. Add green chillies, spring onions and capsicum. Stir well. Remove from heat and serve hot.

Note: To make red chilli paste, deseed dry red chillies by breaking the stem and tapping to discard seeds. Soak these chillies in warm water for 10 minutes till soft. Drain and grind in a small spice grinder with a little vinegar to make a bright red chilli paste.

Chicken Rolls

Serves 3-4

1 chicken breast or 150 gm chicken
2-3 tbsp chopped green coriander
1 small onion - chopped
4 tbsp dry bread crumbs
1 cube cheese - grated (3-4 tbsp)

WHITE SAUCE
3 tbsp maida (flour), 2 tbsp butter
1 cup milk
½ tsp salt & ¼ tsp pepper, or to taste

COATING
3-4 tbsp maida
1 egg white - beaten with 1 tbsp water
¾ cup dry bread crumbs

1. Wash the chicken. Boil with ½ tsp salt in ½ cup water till tender or pressure cook with ½ cup water and ½ tsp salt to give 1 whistle. Debone the meat and shred to get about ½ cup boiled and shredded chicken.
2. To prepare the white sauce; heat butter in a heavy bottom sauce pan, (a kadhai works well) and add flour. Stir continuously on medium heat, until flour turns light brown.
3. Remove from heat and gradually add the milk, stirring continuously so as not to form lumps. If lumps do appear, press them against the sides of the pan to dissolve them.
4. Put the saucepan back on fire and cook till the white sauce turns thick and starts leaving the sides of the pan. Add salt and pepper. Remove from heat.
5. Add to the white sauce - boiled and shredded chicken pieces, coriander, onion and 4 tbsp bread crumbs. Add cheese. Mix well. Cool the mixture, preferably refrigerate for a while, as it becomes easier to handle the mixture.
6. Shape the mixture into 8 rolls with greased hands. Roll in maida. Flatten the sides. Dust off the excess maida.
7. Dip each roll in beaten egg white and coat well with bread crumbs. Refrigerate till serving time. (It is better to make them a few hours in advance.)
8. Deep fry the rolls on medium heat till golden brown. Serve hot with ketchup.

Chicken Burrito

A Mexican snack. You can substitute it for dinner too. Actually a high tea snack.

Picture on facing page

Serves 6

DOUGH

½ cup cornflour, 1½ cups maida (plain flour)
1 large potato - boiled & grated
2 tbsp oil
½ tsp salt

MARINATE TOGETHER FOR 30 MINUTES
500 gm boneless chicken - cut into thin long strips
2 tbsp worcestershire sauce, 1 tbsp soya sauce, 1 tbsp vinegar
1 tsp red chilli flakes or red chilli paste

FILLING
3 tbsp oil, 6-8 garlic flakes - chopped
2-3 spring onions - chopped diagonally
1 capsicum - deseeded & sliced into thin 1" long pieces

SOUR CREAM
1½ cups curd - hang for ½ hour, salt to taste
½ cup cream (200 gm), 1 tsp lemon juice

1. For the dough, mix maida, cornflour, grated boiled potato, oil and salt. Add just enough water and knead to a soft dough. Cover and keep aside.
2. Marinate the chicken with worcestershire sauce, soya sauce, vinegar and chilli paste or flakes and salt for ½ hour.
3. Heat oil in a non-stick pan. Add garlic, stir. Add the chicken, cook on medium heat for 1 minute. Reduce heat. Cover and cook till chicken is tender. Add the capsicum and spring onion. Stir. Remove from heat.
4. To prepare the sour cream, beat cream with lemon juice till stiff. Beat hung curd with salt till smooth. Mix the two gently.
5. Make small balls of the dough and roll out into thin 6"- 7" diameter chappatis. Cook chappatis on a hot tawa on both sides on medium heat. Keep them warm in a casserole.
6. At serving time, heat the filling and keep it hot. Heat 1 tbsp oil on a tawa. Fry the cooked chappati. Remove from heat. Spread hot chicken filling at one end. Spoon 1 tbsp of sour cream over the filling. Roll the chappati. Serve hot with left over sour cream and salsa.

Chilli Chicken Hot Dogs

Serves 8

4 hot dog buns
100 gm pizza cheese - grated
4 tbsp french mustard paste
2-3 tbsp oil
2 onions - sliced into rings
1-2 tbsp cornflour/maida
½ small capsicum - chopped
1 tbsp tomato sauce

CHILLI CHICKEN TOPPING (MARINATE FOR ½ HOUR)
1 boneless chicken breast (100 - 150 gm) - cut into tiny (½") pieces
1 tsp red chilli sauce
1 tsp soya sauce
pinch of ajinomoto (optional)
¼ tsp salt & ¼ tsp pepper

1. For the chicken topping, in a bowl marinate tiny pieces of chicken with red chilli sauce, soya sauce, salt, pepper and ajinomoto for ½ hour.
2. Heat oil in a kadhai. Drain the extra marinade from chicken pieces. Sprinkle flour and mix well to coat. Fry on medium heat till crisp and light brown.
3. Slit the hot dog rolls into half, lengthwise. Heat 1 tbsp oil in a non stick pan and toast the cut side in oil till slightly brown. Keep aside.
4. In the same pan, heat 1-2 tbsp oil and saute the onion rings. Do not over cook onions, they should hold their shape and be slightly crunchy. Keep aside.
5. To serve, spread mustard paste on each piece.
6. Mix the fried chicken pieces and capsicum in 1 tbsp tomato sauce and keep aside.
7. Spread chilli chicken. Top with onion rings.
8. Replace the top half of the roll. Pierce with a toothpick and wrap half of the roll with a paper napkin. Serve hot on a bed of lettuce.

Chicken Satay with Peanut Sauce

Serves 6

Picture on page 117

400 gm chicken - 1½" boneless pieces
6 bamboo or metal skewers

MARINADE

1 tsp salt, ½-1 tsp red chilli powder
2 tsp brown sugar
2 tsp oil
3-4 tbsp coconut milk
1 tbsp lemon juice
2 tsp soya sauce
8-10 flakes garlic - crushed to a paste
1½ tsp jeera powder (ground cumin), 1½ tsp dhania (coriander) powder

PEANUT SAUCE

¼ cup (50 gm) roasted salted peanuts - crushed to a rough powder, ½ tsp salt
1 tbsp oil, 4-6 flakes garlic - crushed
½ tsp red chilli powder, ½-1 tsp sugar, 1½ tsp lemon juice
1 tsp soya sauce
1 cup coconut milk

1. Mix all the marinade ingredients thoroughly, add chicken pieces to it and mix very well. Leave aside for 1-2 hours in the refrigerator.
2. Thread marinated chicken pieces onto oiled skewers. Leave behind the marinade.
3. Cook in a preheated grill at 200°C for 10-12 minutes, turning them once in between and basting with the remaining marinade. Alternately, heat a non-stick flat tawa, grease it slightly with a few drops of oil and place skewered chicken, a few at a time. Cook on medium heat, turning them frequently. Cook till soft.
4. To make peanut sauce, grind peanuts with salt to a rough powder.
5. Heat 1 tbsp oil in a heavy bottomed small pan or kadhai. Add garlic. Saute till it starts to change colour. Reduce heat. Add red chilli powder. Add only ½ cup coconut milk. Boil, stirring. Cook on low heat for 3 minutes, stirring constantly. Stir in the crushed peanuts, sugar, lemon juice, soya sauce and the remaining ½ cup coconut milk. Boil. Simmer gently for 5 minutes, stirring occasionally to prevent it sticking to the pan. Transfer to a bowl.
6. Serve satay accompanied with the peanut sauce.

Mutton Mince Crepes

Use left over mince to make this delicious snack

Serves 8

¾ cup maida (plain flour)
1 egg - beaten well
1½ cups milk, approx.
1 tbsp oil
salt and pepper to taste

FILLING (Mix Together)
1 cup cooked keema (mince) - well dried on fire
½ cup finely chopped spring onions
1 green chilli - chopped finely
1 tbsp green coriander - chopped

1. Sift maida. Add beaten egg and oil. Add milk gradually, adding enough to make a smooth batter of a thin pouring consistency. Add salt and pepper to taste. Allow the batter to stand for 10 minutes.
2. Keep a nonstick pan on medium heat. Rub the bottom of the pan with a little oil and a pinch of salt. Pour 1 karchhi of batter and tilt the pan to roll the batter evenly on the bottom of the pan.
3. Cook till set. Do not turn. (Cook on one side only). Remove on to a plate. Repeat with the remaining batter to make 8 crepes. Leave 2 tbsp batter to seal.
4. Take a crepe, keeping the uncooked side up. Arrange some filling in a row on one end of the crepe. Fold a little from the opposite sides to enclose the filling and roll upwards tightly.
5. Seal the end with the batter kept aside. Repeat with all the other crepes. Keep aside.
6. Before serving, heat the non stick pan with 1 tbsp oil. Gently fry the stuffed crepes until light brown. Serve with ketchup.

Note: Crepes can be made well in advance and fried gently at the time of serving.

Stir fry boiled, shredded chicken with cabbage and spring onions to make chicken crepes.

Chatpate Mutton Balls

Serves 4-6

½ kg fine keema (lamb mince)
2 tbsp garlic-ginger-green chilli paste
1 tsp garam masala
1 tsp dhania powder (ground coriander)
1 tsp red chilli powder, salt to taste
2 tbsp heaped besan (gram flour)

DRY MASALA COATING
1 tsp chaat masala
1 tbsp dhania (coriander) powder
1 tsp red chilli powder
1 tsp garam masala

1. Put the mince in a strainer. Pour water on it to wash and press to drain out all the water (if water is not drained out properly, the balls will not bind well and tend to break while pressure cooking).
2. Put the mince in a bowl. Add all the other ingredients except oil. Mix and knead well or put in a mixer blender and blend well.
3. Take a pressure cooker or a pan, oil its bottom well with 2 tbsp oil.
4. Take a heaped tbsp of mince in the palm of your hand and bind the mince tightly into balls, squeezing out any excess liquid. Make balls a little big, as mince tends to shrink after cooking.
5. Arrange them at the bottom of the pressure cooker. Place the balls gently, over lapping one another, if short of space. Do not add water in the cooker, as the mince will leave water.
6. Pressure cook to give 2 whistles and simmer on low flame for 2 minutes. Remove from fire. Let the pressure drop by itself.
7. Gently remove the steamed meat balls. Keep aside.
8. At serving time, add 4 tbsp oil in a non stick pan and shallow fry the steamed balls in a pan on medium heat.
9. When they turn brown, sprinkle chaat masala, coriander powder, red chilli powder and garam masala. Cook till dry masala coats the balls.
10. Remove on a plate and garnish with green coriander and lemon wedges. Serve with coriander or mint chutney.

Kashmiri Lamb Chops

Serves 4-6

10-12 lamb chops (500 gm) - each lamb chop is about 50 gm
2 cups milk
50 gm khoya - grated
1 tej patta (bay leaf)

BOUQUET GARNI (TIE TOGETHER IN A MUSLIN CLOTH)
1" dalchini (cinnamon stick)
1 tsp saunf (fennel), 2-3 chhoti illachi (green cardamom)
½ tsp saboot kali mirch (peppercorns)

BATTER
2/3 cup curd
2 tbsp maida (flour)
½ tsp garam masala
3-4 flakes garlic and 1" piece ginger - crushed to a paste
½ tsp salt, pinch of haldi
oil for frying

1. Wash the chops and gently beat the meat on the chops with a mallet to break the fibres.
2. Place the chops with 2 cups of milk, bay leaf and bouquet garni in a pressure cooker. Pressure cook to give 2 whistles and keep on low heat for 1 minute. Remove from fire. Cool and open the lid.
3. Add the khoya and salt, simmer till the chops are cooked and the milk is absorbed by the chops.
4. Discard the bouquet garni and the bay leaf.
5. Make a batter by blending curd, flour, chilli, salt, garam masala and garlic- ginger in a bowl. Add a little haldi for colour. The batter should be of a coating consistency.
6. Heat oil in a kadhai. Lower the heat.
7. Dip each chop in batter. Fry on low or medium heat till the chops are golden brown. Drain on absorbent paper.
8. Serve hot garnished with a mint sprig and lemon wedges.

Keema Puff Pakora

Serves 4-6

250 gm lamb mince (keema)
4 tbsp maida (plain flour)
¼ tsp baking powder
3 eggs - beaten
2 green chillies - chopped finely
2 tbsp green coriander - chopped
1 tsp red chilli powder, ½ tsp haldi, salt to taste
oil for frying
chat masala to sprinkle
green coriander - to garnish

1. In a bowl, mix flour and baking powder.
2. Add beaten eggs. Mix well.
3. Add 1-2 tbsp of water. Beat well to get a smooth batter.
4. Add mince, green chillies, coriander, chilli powder, haldi and salt. Mix the mixture well. The mixture should have a soft dropping consistency. Set aside for 1 hour atleast or till frying time.
5. Heat oil on medium heat in a kadhai or frying pan. Drop few spoonfuls of batter at a time. Reduce heat. Do not turn the pakoras immediately. Wait for bubbles to appear, otherwise pakoras become hard. Fry till crisp and brown.
6. Drain on absorbent paper. Sprinkle chat masala and coriander. Serve hot with mint chutney mixed with a little whipped yogurt.

Thai Chilli Prawns

Serves 10-12

20 medium size prawns
2 tsp cornflour
4 tbsp oil

RED CURRY PASTE
5-6 dry, red chillies - soaked in a little water for 15 minutes
2 tbsp chopped onion
1½ tbsp chopped garlic
1 tbsp chopped ginger
2 tbsp chopped coriander leaves
15-20 peppercorns (saboot kali mirch)
2 tsp coriander seeds (saboot dhania)
2 tsp cumin (jeera)
1 stalk of lemon grass (see note) or rind of 1 lemon (grate a whole lemon gently to get only the yellow peel and not the white pith below it)
2 tsp salt, 1½ tbsp vinegar

1. Wash and devein the prawns. Pat dry. Add oil and mix well.
2. For the red curry paste, soak red chillies in water.
3. Drain the soaked chillies and put them in a grinder. Add all the other ingredients and using the minimum amount of water grind to a paste.
4. Remove the paste to a large bowl. To the paste add cornflour.
5. Add the prawns to the bowl and mix well coating them well. Cover and leave to marinate the prawns in it for 1 hour.
6. At the time of serving, arrange the marinated prawns on a baking tray. Bake in a hot oven at 200°C for 10-12 minutes, basting with oil twice in between.
7. Serve at once, garnished with lemon wedges and fresh coriander.

Note: Use only the lower stem portion of the lemon grass, discarding the upper chewy grass portion. This green portion can be used to flavour soups and stock. The lower stem portion should be peeled to discard the outer leaves and then chopped into small pieces.

Be particular about the baking time of prawns, do not over bake. They tend to get hard if overbaked. Also remember to keep them in the oven just 10-15 minutes before serving.

Fish Fingers with Tartar Sauce

Serves 6-8

½ kg firm white fish fillet (Sole), without bones - cut into fingers
¾ cup dry bread crumbs for coating

MARINADE
1 tbsp ginger paste
½ tsp salt, ½ tsp pepper powder, ½ tsp red chilli powder
½ tsp mustard paste
1 tsp tomato sauce
1 egg white
a few coriander leaves - chopped

TARTAR SAUCE
½ cup mayonnaise
1 tbsp very finely chopped cucumber
1 tbsp very finely chopped onion
1 tbsp chopped coriander or parsley
2 tbsp brown vinegar

1. Rub a little lemon juice on the fish fingers and wash the fish well. Transfer them to a kitchen towel and pat till well dried.
2. To prepare the marinade, mix all the ingredients together in a small bowl.
3. Transfer the fish to a flat plate and rub the marinade on the fish. Keep aside for ½ hour.
4. Press the fish fingers on the bread crumbs such that they coat the fish. Fry on medium heat. Drain on absorbent paper. Serve hot.
5. To prepare the tartar sauce, soak the onion and cucumber in vinegar for 10-15 minutes.
6. Strain the cucumber and onion in vinegar to drain out the vinegar. Press gently to remove any excess vinegar.
7. Gently mix it into the mayonnaise. Serve with fish fingers.

Hot & Sour Garlic Fish

Serves 8-10

500 gm boneless fish (Singhara or Sole) - cut into 1" cubes
1 tsp lemon juice or vinegar, ½ tsp salt
1 spring onion - chopped, for garnish
oil for frying

BATTER (MIX TOGETHER)
2 eggs
4-5 tbsp maida
2 tbsp oil or melted butter
¼ tsp each of salt & pepper, or to taste

SAUCE
2-3 tbsp oil
2 tbsp garlic - crushed & then chopped finely
2 dried red chillies - broken into small pieces
½ cup tomato puree, ¼ cup tomato sauce
1 tsp soya sauce
a pinch of ajinomoto, salt to taste

1. Cut fish into small pieces of about 1" cubes. Wash and pat dry fish. Marinate the fish in lemon juice and salt for ½ hour.
2. Mix all the ingredients of the batter to get a smooth batter of coating consistency.
3. Heat oil in a kadhai. Dip the fish pieces in batter and fry on medium heat. Remove on an absorbent paper.
4. In a clean non stick pan, heat 2-3 tbsp oil. Add garlic. Saute till it slightly changes colour.
5. Add the broken red chillies. Stir, add tomato puree, tomato sauce, soya sauce, and salt. Keep aside till serving time.
6. At the time of serving, add 2-3 tbsp water or fish stock. Add the fish pieces and stir gently till the sauce coats the fish pieces.
7. Remove on a platter. Garnish with chopped spring onions. Insert a toothpick in each piece and serve hot.

Note: You can add 1 tsp chilli sauce in the sauce, if you want it to be more hot.

Thousand Island Tomatoes : Recipe on page 32 ➢
Tom Yam Gai Soup : Recipe on page 37 ➢

SOUPS & SALADS

Pasta Chicken Salad

Macaroni and shredded chicken in a tomato-cream dressing.

Serves 4-6

2 chicken breasts - boiled and cut into ½" cubes
1 cup uncooked macaroni or any other pasta
1 capsicum - chopped
3 tbsp olive oil or any cooking oil
½ cup tomato puree (ready made)
2 tbsp tomato ketchup
½ tsp red chilli sauce
¼ tsp sugar, salt to taste
few drops tabasco sauce
1 tsp dried oregano
2-3 tbsp chopped parsley or coriander
2-3 tbsp fresh cream
lettuce leaves and capsicum to garnish

1. Boil 3-4 cups of water with 1 tsp of salt and 1 tsp of oil. Add macaroni or any other pasta to the boiling water. Cook for 7-8 minutes till soft. Leave macaroni in hot water for 1-2 minutes and then strain. Wash several times with cold water. Sprinkle 1 tbsp oil and keep aside.
2. To boil chicken, add ¼ cup of water in a pressure cooker with ¼ tsp of salt and chicken. Pressure cook to give 2 whistles. Drop the pressure by putting water on the lid of the cooker.
3. Cool and cube (size of macaroni) the cooked chicken.
4. Heat 2 tbsp oil in a nonstick pan. Add tomato puree. Stir for ½ minute. Add the tomato sauce, red chilli sauce and ½ cup of water. Simmer the sauce on low flame for a few seconds till slightly thick.
5. Add salt, sugar, tabasco sauce, oregano and parsley.
6. Remove from fire. Add cream.
7. Mix the cooked pasta, chicken and capsicum in a bowl. Pour the sauce over it and cover and keep in a refrigerator for ½ hour.
8. Before serving, arrange some lettuce leaves on a serving platter. If the salad gets a little dry (as pasta absorbs water) add a few tablespoons water to get a slightly wet consistency. Transfer the macaroni salad on the lettuce leaves.
9. Cut the capsicum into thin rings. Half the rings, deseed them and arrange on the edges. Serve cold.

Thousand Island Tomatoes

A delicious salad, looks beautiful when placed in the centre of the table.

Picture on page 29

Serves 8

8 small tomatoes
1 chicken breast - boiled & shredded
2 canned pineapple slices - squeezed & cut into tiny pieces
2 tbsp shredded green or red cabbage

THOUSAND ISLAND DRESSING
3 tbsp mayonnaise
1 tbsp thick cream
1 tbsp ready made tomato puree
a few drops of tabasco sauce
¼ tsp pepper, salt to taste
1 tsp very finely chopped onion
1 tsp very finely chopped capsicum

1. Wash chicken. Pressure cook with ½ tsp salt and ½ cup water to give one whistle. Debone the meat and shred it into small pieces.
2. Wash and dry tomatoes. Cut a slice from the top and scoop out the pulp carefully.
3. Sprinkle salt and pepper inside the tomato. Rub the salt inside. Keep them upside down.
4. Cut pineapple slices in small pieces. Squeeze gently to remove excess syrup.
5. Mix pineapple pieces, shredded chicken and cabbage in a bowl.
6. Mix together - mayonnaise, cream, tomato puree, tabasco, salt and pepper to taste. Add chopped onion and capsicum also.
7. Pour the mayonnaise over the chicken. Mix. Fill the tomatoes with the mixture.
8. Decorate on a bed of salad leaves. Serve chilled.

Note: Boiled prawns can be used instead of chicken.

Caesar Salad

Serves 4

½ bunch lettuce leaves (50 gm)
1 large chicken breast
2 hard boiled eggs
1 large tomato - deseeded & cut into thin long pieces

STIR FRIED GARLIC CROUTONS
2 slices white bread, 2 tsp butter - softened
2-3 flakes garlic - crushed, 4-6 peppercorns - crushed

GARNISH
2 tbsp table parmesan cheese or 1 cube processed cheese - grated coarsely

DRESSING (MIX TOGETHER)
6 tbsp olive oil, 2 tbsp vinegar, 1 tbsp lemon juice
2 flakes garlic - crushed & chopped finely
¾ tsp salt, ¼ tsp black pepper powder, 1 tsp sugar,
1 tsp mustard paste or powder

1. Place the chicken breast in a pressure cooker with ½ cup water and ¼ tsp salt. Pressure cook to give 1-2 whistles and then remove from heat. Cool. Coarsely chop the breast into small pieces. Put the chicken pieces in a small bowl.
2. Wash the lettuce. Tear the leaves into small pieces. Soak in chilled water.
3. Mix all the ingredients of the dressing in a small bottle and shake well.
4. Pour the dressing over the chicken pieces in the bowl and mix well. Cover with a cling wrap and refrigerate.
5. To make croutons, mix softened butter with garlic and peppercorns and spread on one side of the slice. Remove the sides of the bread and cut into small cubes. Cook them in an ungreased non stick pan over medium heat for 5-7 minutes, stirring frequently, till golden brown. Remove from pan and keep aside.
6. Hard boil eggs by boiling them for 8-10 minutes in water. Remove from hot water and immediately put in cold water to prevent the formation of a black ring around the yolk. Cool, shell & cut each egg into 4 slices lengthwise. Keep aside.
7. At serving time, roll the lettuce leaves in a clean kitchen towel to dry. Mix lettuce leaves, tomatoes, eggs and croutons in a large salad bowl. Pour the dressing along with the chicken pieces on the vegetables etc. Toss gently with a fork. Garnish with cheese. Serve at once.

Hawaiian Salad

Chicken and pineapple tit-bits go well together.

Serves 4-6

2 chicken breasts
1½ cups mayonnaise
4 tbsp thick cream
4-5 slices of pineapple - tinned
2 hard boiled eggs and lettuce leaves to garnish

1. Place the chicken breasts in a pressure cooker with ½ cup water and ¼ tsp salt. Pressure cook to give 1-2 whistles and then remove from heat. Cool. Shred the breast into small pieces.
2. Mix mayonnaise and cream together in a bowl.
3. Squeeze the pineapple slices well to remove the excess syrup. Chop into small pieces.
4. Add shredded chicken and chopped pineapple to the mayonnaise. Mix.
5. Taste and adjust the seasoning if needed. Add more pepper and mustard if required.
6. Arrange lettuce all around a shallow dish. Pour the salad. Garnish with hard boiled eggs cut into circles or lengthwise into four. Serve chilled.

Chicken Almond Soup

The milk gives the creamy texture to the soup.

Serves 4-5

4 cups chicken stock or 4 cups water boiled with 1 chicken seasoning cube
¼ cup boiled and shredded chicken
1 cup milk
1 tbsp butter, 1 tbsp plain flour (maida)
salt & pepper to taste
8-10 almonds - ground to a rough powder
4 tbsp fresh cream to garnish

1. Mix the chicken stock and milk and keep aside.
2. Heat butter in a pan. Add the flour and almonds. Stir on low heat for 1 minute.
3. Add stock and milk mixture. Bring to a boil, stirring continuously. Cook on low heat until the soup thickens.
4. Add salt and pepper. Cook for a minute. Serve hot, garnished with fresh cream, parsley or coriander and some shredded almonds in each cup.

Hot & Sour Soup

You may also make it without shredded chicken, when you do not have chicken at home. Simply increase the shredded cabbage to ½ cup.

Serves 4

4-5 cups chicken stock
or
4-5 cups water boiled with 1 chicken seasoning cube
¼ cup shredded chicken
¼ cup shredded cabbage
½ small carrot - grated (2-3 tbsp)
1 spring onion - chopped very finely, keep greens separate
2-3 tbsp cornflour
1 tbsp soya sauce
1 tbsp vinegar
1 tsp red chilli paste
½ tsp pepper, salt to taste
½ tsp ajinomoto (optional)
2 tbsp oil
2 flakes garlic - crushed

1. Heat 2 tbsp oil in a pan. Add garlic. Stir.
2. Add cabbage, carrot, white of spring onion and shredded chicken. Saute for ½ minute.
3. Add the chicken stock.
4. Add soya sauce, vinegar, chilli paste, salt, pepper and ajinomoto to the stock. Stir and give it a boil.
5. Mix cornflour with ½ cup cold water and add to the soup. Boil.
6. Cook on low flame for 4-5 minutes till the soup thickens and the raw smell of cornflour disappears. Serve hot garnished with very finely chopped spring onion greens.

Note: If you use a chicken seasoning cube, add salt after tasting the soup as the cube has a lot of salt in it.

Sweet Corn Soup

Do not forget to put some chopped green chillies in vinegar to serve with the soup. It enhances the taste tremendously.

Serves 4

1 small chicken breast
½ onion - chopped
1 bay leaf (tej patta)
½ tin sweet corn - cream style (1 cup)
2 tbsp cornflour
1 egg - beaten
½ tsp ajinomoto (optional)
salt and pepper to taste

GREEN CHILLIES IN VINEGAR
2 green chillies
¼ cup white vinegar
¼ tsp salt
¼ tsp sugar

1. Place the chicken breast in a pressure cooker with 5 cups water, a bay leaf, ½ onion and ½ tsp salt. Pressure cook to give 1-2 whistles and then remove from heat. Cool. Coarsely shred the breast into small pieces. Remove shredded chicken and keep the stock aside.
2. Mix sweet corn and chicken stock in a pan. Boil. Reduce flame. Season with salt and pepper. Add ajinomoto.
3. Mix cornflour with ½ cup of cold water. Add to the soup, stirring all the time until thickened. Cook on low heat for 2-3 minutes.
4. Beat the egg in a bowl and add 1-2 tbsp of cold water to it.
5. Keeping the soup on low heat, gradually add the beaten egg to the soup with one hand and keep stirring the soup with a fork in the other hand, so that threads get formed and the egg does not turn lumpy.
6. Add the shredded chicken. Cook for a minute. Remove from fire.
7. To prepare green chillies in vinegar, mix all ingredients and heat on fire till it is just about to boil. Remove from fire and pour into a small bowl. Add 2 drops of soya sauce.
8. Serve hot soup with green chillies in vinegar.

Tom Yum Gai Soup

Chicken soup flavoured with peanuts and lemon.

Serves 4

Picture on page 29

1 small chicken breast - make boneless and cut into very tiny pieces
3 tbsp oil, 1 tsp ginger juliennes (1½" long, thin pieces)
2 tbsp basil or coriander leaves - chopped
8-10 lemon leaves or rind of 1 lemon (grate a whole lemon gently on the grater to get ½ tsp lemon rind, do not let the white pith beneath the yellow peel get grated)
salt to taste, ¼ cup roasted peanuts - ground finely
1 tsp cornflour dissolved in 2 tbsp water
5 cups chicken stock or 5 cups water mixed with 2 chicken seasoning cube
long deseeded slices of red & green chillies for garnishing, optional

PASTE (GRIND TOGETHER)
4-5 flakes garlic - chopped, 8 peppercorns, 1 tbsp coriander leaves

1. Heat oil. Add garlic-pepper paste and chicken. Fry for 3-4 minutes.
2. Add all other ingredients and stock. Boil. Add cornflour paste, stirring continously. Simmer for 5-7 minutes. Remove from fire.
3. Serve garnished with long slices of red and green chillies.

Mushroom Chicken Soup

The mushrooms give the creamy texture and flavour to the chicken soup.

Serves 4-5

5½ cups chicken stock or water, 1 cup milk
¼ cup shredded chicken
75 gm mushrooms - finely chopped
1½ tbsp butter, 1½ tbsp flour (maida)
salt and pepper to taste

1. Mix the chicken stock and milk and keep aside.
2. Heat butter. Add mushrooms and fry for 4-5 minutes on medium heat till soft.
3. Sprinkle the flour over the mushrooms and stir over low heat for ½ minute.
4. Add stock & milk mixture. Boil, stirring continuously till thick. Remove from fire.
5. Add shredded chicken, salt and pepper. Cook for a minute. Serve hot, garnished with fresh cream and parsley.

Salad Nicoise

Picture on facing page *Serves 3-4*

200 gm canned tuna - drained and flaked into 1½" pieces
1 tomato - cut into 8 pieces
1 potato - boiled and cut into 8 slices lengthwise
4-6 french beans - threaded and boiled, keep whole
6-8 round slices of cucumber
1 tbsp capers, optional
1 tbsp chopped parsley
6 black olives
4-5 lettuce leaves - roughly torn and dipped in chilled water
1 egg - hard boiled and cut into 4 pieces lengthwise - to garnish

CREAMY HONEY MUSTARD VINAIGRETTE
1½ tbsp vinegar
6-7 tbsp olive oil
1 tsp powdered sugar
2 tsp mustard paste
1 tsp honey
½ tsp salt & ¼ tsp pepper, or to taste
2 tbsp chopped fresh herbs - fennel or dill or mint or parsley
2 tbsp fresh cream

1. For the honey mustard vinaigrette dressing, put all ingredients into a glass. Mix well with a whisk or you can put all ingredients together in a bottle, replace the lid securely and give the bottle a really good shake. Mix until the dressing has lightly emulsified. Store, covered, in the refrigerator. Before using, bring the jar to room temperature for atleast 30 minutes before the dressing is needed and shake again.
2. Add cream and 2 tbsp chopped fresh herbs such as dill, fennel or mint for a stronger flavour and shake up in the dressing.
3. At the time of serving, wrap the lettuce leaves in a clean kitchen towel to pat dry the leaves well. Put them at the bottom of the serving bowl.
4. Pour 1 tbsp dressing on them.
5. Put green beans, cucumber, potatoes and tomatoes also. Pour the dressing.
6. Top with capers, tuna (drained and flaked), black olives, parsley. Lightly toss.
7. Garnish with eggs.

Cheesy Chicken Triangles : Recipe on page 11, Salad Nicoise ➢

Clear Prawn Soup

The Thai name for this soup is - Tom Yum Goong.

Serves 4-6

300-350 gm uncooked small prawns
1 tbsp oil
3 small lemon leaves
1 tbsp chopped lemon grass
¼ tsp red chilli powder
4 cups (1 litre) water
1 tsp fish sauce
2 tbsp fresh lime juice
2 tbsp chopped coriander leaves
1½ tbsp sliced spring onions
1 red chilli - deseeded and sliced into 1- inch thread-fine strips
salt and pepper to taste

1. Prepare the prawns, shell them and remove the dark vein running along the back. Wash them under running water, drain and pat dry with absorbent kitchen paper. Set aside while you make the soup.
2. Heat oil. Add lime leaves and chopped lemon grass. Stir for a few seconds. Add ¼ tsp red chilli powder. Pour the water and bring to a boil. Reduce the heat and simmer for 10 minutes. Remove from fire and strain the stock.
3. Add the fish sauce to the strained stock and cook for a further 5 minutes.
4. Add the prawns and lime juice to the pan and cook gently over very low heat for a few minutes, until the prawns become firm and turn a pale pink colour.
5. Add the chopped coriander leaves, spring onions & thin red chilli strips to the soup.
6. Check the seasonings, adding salt, pepper and lemon juice, making it really piquant, and serve very hot in small bowls.

TANDOORI

Tikkas & Kebabs

Akbari Kebabs

Chicken breasts stuffed with a spiced cheese filling.

Picture on page 1

Serves 4

2 chicken breasts (300gm)

IST MARINADE

1 tbsp lemon juice, ½ tsp salt, ½ tsp red chilli powder

2ND MARINADE

1 cup thick curd - hung for 15-20 minutes
¼ cup thick cream
2 tbsp grated cheese
1 tsp shah jeera (black cumin) - roughly crushed
1 tbsp cornflour
1 tsp red chilli powder, 1 tsp salt, a pinch of haldi, 1 tsp garam masala
1 tbsp ginger-garlic paste
1 tbsp barbecue masala or tandoori masala (optional)
2 tbsp coriander - chopped

FILLING

1 onion - cut into rings & then cut rings into half, 1 tbsp coriander - chopped
1 tsp shah jeera (black cumin or caraway seeds)
100 gm cheese - finely grated
1½ tbsp oil
1 tsp ginger-garlic paste, 1 tbsp coriander

1. Open the breast slices to get thin big pieces (you can ask your butcher to do it for you). Cut each breast into 4 long strips, about 1½" wide, to make rolls.
2. Wash and pat dry the chicken strips.
3. Marinate the chicken with the first marinade – salt, lemon juice and chilli powder.
4. Mix the ingredients of the 2nd marinade together in a bowl.
5. Pick up the chicken pieces from the lemon juice marinade and squeeze gently. Put them in the curd-cream marinade in the bowl.
6. For the filling, heat oil. Add shah jeera. Let it change colour. Add onion. Cook till onion turns soft. Add ginger-garlic paste and coriander. Cook for 1 minute. Remove from fire. Add cheese.
7. To make the kebab, take a strip of chicken. Place 1 tbsp of filling on one end of the chicken strips and roll it forward tightly to form a roll. Place the roll on the greased wire rack. Pat the remaining marinade on the rolls.
8. Heat a gas tandoor or an oven to 180°C. Grill for ½ hour, turning and basting with melted butter or oil after 20 minutes. Cook till tender.

Tandoori Chaat

A very light way to enjoy barbecued chicken.

Serves 4

200 gm boneless chicken - cut into 1" cubes (8 pieces)
4 fresh pineapple slices - each cut into 4 pieces (see note)
2 small onions - each cut into 4 pieces
2 capsicums - desseded and cut into 1½" pieces
2 tomatoes - each cut into 4 pieces and pulp removed
1 tsp garam masala
2 tbsp lemon juice
1 tbsp tandoori masala or barbecue masala
2 tbsp olive oil or any cooking oil
1 tsp salt, or to taste
1½ tsp chaat masala

TO SPRINKLE
1 tbsp balsamic vinegar or lemon juice
some chat masala

1. Mix all the 3 vegetables, pineapple and chicken in a bowl.
2. Sprinkle all the ingredients on them. Mix well.
3. Grease the grill or wire rack of the oven or tandoor and first place the chicken, pineapple and onions only (leaving capsicum and tomatoes) on the grill rack. Grill for about 15 minutes, till the edges start to change colour. Turn sides inbetween.
4. After the chicken is almost done, put the capsicum and tomatoes also on the wire rack with the chicken etc. Grill for 7-8 minutes.
5. Remove from the oven. Sprinkle some chaat masala and balsamic vinegar or lemon juice and toss. Serve.

Note: If tinned pineapple is being used, grill it in the second batch with capsicum and tomatoes since it is already soft.

Saunfiya Kebabs

Gives 6-8 pieces

200 gms boneless (skinless) chicken - cut in 1½"- 2 " pieces
1 tsp garlic paste
1 tbsp chopped coriander
¾ tsp saunf (aniseed) - crushed
¾ tsp salt
1 tsp amchoor (dry mango) powder
1 tsp degi mirch
¼ tsp nutmeg powder
3 tbsp cream or malai
1 tbsp cornflour

1. Place chicken in a bowl. Add all the ingredients and mix well. Let it marinate for 1-2 hours at room temperature.
2. Heat an oven at 180°C or heat a gas tandoor for 15 minutes on low heat. Grill the marinated chicken pieces on a greased wire grill.
3. Melt some butter. Turn the chicken once in between and baste with the same melted butter. Grill till tender for about 15-20 minutes.
4. Remove to a serving dish and serve hot.

Pista Murg Tikka

Serves 6

500 gm, 2" boneless chicken pieces

MARINADE

4 tbsp pista - soaked in warm water, peeled and ground to a green paste with 2 tbsp water
1 cup dahi (yogurt) - hang for ½ hour in a muslin cloth
1 tbsp ginger paste
1 tbsp garlic paste
½ tsp garam masala
½ tsp shah jeera (black cumin)
1 tsp red chilli powder
3 tbsp cornflour
3 tbsp oil
1 tsp salt

BASTING

3 tbsp oil

GARNISH

leftover marinade
a pinch of kesar (saffron) - soaked in 1 tbsp milk
1 tsp pistas - chopped

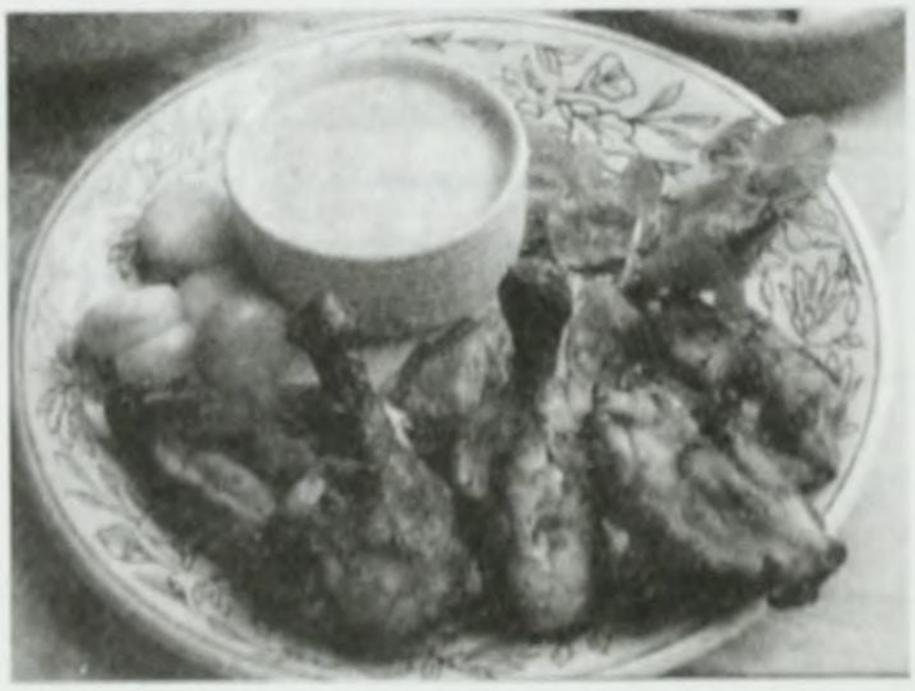
1. Mix all the ingredients of the marinade and put the tikkas in it. Leave aside for 4-5 hours in the refrigerator.
2. Oil a wire rack of the oven. Place the tikkas on it, leaving behind the marinade. Pour or drip some oil on them to baste them.
3. Cover the plate in the oven beneath the rack with aluminium foil to collect the drippings from the tikkas.
4. Place the tikkas in the oven at 180°C and cook for 10 minutes. Baste the tikkas again with some oil and grill for 5 minutes more. Transfer to a serving platter.
5. On a slow fire heat the leftover marinade. When it begins to thicken, add the saffron soaked in milk and cook for 1-2 minutes. Pour over the tikkas. Sprinkle with chopped pistas and serve.

Tandoori Chicken

Serves 4

1 medium sized chicken (800 gm) - cut into 8 pieces
2 tbsp or juice of 1 lemon
½ tsp chilli powder
1¼ tsp salt, or to taste
1 cup curd - hang for 30 minutes
2 tbsp thick malai or 2 tbsp cream
1 tbsp garlic paste
1 tsp ginger paste
1 tbsp kasoori methi
few drops orange red colour
½ tsp kala namak
1 tsp garam masala
1 tsp tandoori masala or chat masala

1. Wash, pat dry chicken. Make 2 incisions on breast, thighs and drumsticks.
2. Rub lemon juice, salt & chilli powder on the chicken and keep aside for ½ hour.
3. Mix curd, malai, garlic and ginger paste, kasoori methi, kala namak, garam masala and colour. Rub the chicken with this mixture. Keep aside for 3-4 hours in the fridge.
4. Heat the gas tandoor (flame should be minimum) or oven to 180°C. Place the chicken on the grill or wire rack (in the oven place a tray covered with aluminium foil, underneath the chicken to collect the drippings).
5. Grill for 15 minutes. Brush pieces with oil or pour some oil with a spoon on all the pieces. Turn pieces and grill for another 10-15 minutes, till the chicken is dry and well cooked. Be careful not to make the chicken blackish and burnt.
6. Sprinkle tandoori or chat masala. Serve hot.



Boti Kebab

Mutton on skewers.

Serves 6

1ST MARINADE
500 gm boneless mutton - cut into 2" cubes
a few drops of tandoori red colour
1 tsp lemon juice
1 tsp amchoor
1½" piece ginger and 8-10 flakes garlic - ground to a paste

2ND MARINADE
1 cup thick curd - tied into a muslin cloth and hung for 1 hour
1 tbsp finely grated green papaya
1 tsp shah jeera (black cumin seeds)
½ to 1 tsp ajwain (carom seeds), ¼ tsp grated nutmeg
1¼ tsp salt, ½ tsp black salt, 1 tsp red chilli powder, 2 tsp dhania powder
2 tsp vinegar, 3 tsp oil

MASALA TO SPRINKLE (grind in a spice grinder or crush on a chakla-belan)
3 laung (cloves), 1" piece dalchini (cinnamon), seeds of 3 moti illaichi (brown cardamoms), 1 tsp bhuna shah jeere (roasted black cumin)
2 tbsp kasoori methi (dried fenugreek leaves)

1. Cut the mutton into 2" cubes. Wash and pat dry the pieces. Prick them with a fork. Add the colouring on it and mix well. Mix lemon juice and amchoor with the ginger-garlic paste and mix this paste with the mutton cubes. Keep aside for half an hour.
2. Mix all the ingredients of second marinade. Add this to the marinated mutton. Mix thoroughly and leave the mutton cubes soaked in this marinade for 3 to 4 hours in the refrigerator.
3. To cook the botis, thread 5 to 6 cubes of mutton on to each skewer, rub with the left over marinade.
4. Grill under a hot grill for 15 to 20 minutes, turning them 2 or 3 times. When slightly dry, spoon or brush some oil on them. Cook till done. Sprinkle with freshly ground masala and some lemon juice.
5. Serve hot on the skewers along with hari chutney and sliced onions seasoned with salt, red chilli powder and lime juice.

Badaami Tangri

Picture on facing page *Serves 4*

8 drumsticks (chicken legs)
3 tbsp butter melted and mixed with 1 tsp white pepper and 2 tsp kasoori methi - for basting

1ST MARINADE
2-3 tbsp lemon juice
½ tsp salt, or to taste, ½ tsp red chilli powder

2ND MARINADE
¾ cup thick curd - hung for 15 minutes
½ cup thick cream
2 tbsp almonds - blanched and ground to a paste
2 tsp kasoori methi (dry fenugreek leaves)
1 tbsp cornflour
2 tbsp ginger-garlic paste
¾ tsp salt
2 tbsp chopped coriander

1. Wash and pat dry the chicken pieces. Make 2 incisions (not too deep cuts) on each drumstick.
2. Marinate the pieces with the first marinade – salt, red chilli and lemon juice for ½ hour.
3. Mix cream, almond paste, kasoori methi, cornflour, ginger-garlic paste, salt and coriander to the hung curd.
4. Pick up the chicken pieces discarding the lemon juice. Marinate the chicken pieces in the curd mixture for 2-3 hours or even more, but refrigerate while being marinated. You may marinate the chicken overnight too.
5. Heat an oven at 180°C or heat a gas tandoor for 15 minutes on low heat. Grill the marinated chicken pieces on a greased wire grill.
6. Melt some butter and mix some white pepper and kasoori methi in it. Turn the chicken once in between and baste with this melted butter to flavour the chicken. Grill till tender for about 15-20 minutes.
7. Serve hot sprinkled with some chaat masala and lemon juice.
8. Serve with mint chutney mixed with a little hung curd. Garnish with onion rings.

Kakori Kebab

Situated on the banks of the Gomti river, Kakori is a place well known for its revolutionaries and for it's kebabs. It is here that the famous kakori kebabs originated.

Serves 8

500 gm mutton keema (lamb mince)

MARINADE

seeds of 3-4 chhoti illaichi (green cardamoms) - crushed
seeds of 1 moti illaichi (black cardamoms) - crushed
½ tsp freshly ground saboot kali mirch (black peppercorns)
2-3 laung (cloves), ½ tsp grated nutmeg
2 onions - cut into slices, deep fried till golden and ground to a paste
2-3 green chillies - very finely chopped
2 tbsp oil
2 eggs
4 tbsp powdered bhuna channas (roasted bengal gram flour)
1 tsp salt

BASTING

4 tbsp melted ghee or oil

TO SERVE

green coriander chutney, 1 onion - cut into rings, lemon - cut into wedges
some chaat masala

1. Grind the mince twice till smooth.
2. Mix the ingredients of the marinade. Rub well into the mince. The process of rubbing in is important as all the ingredients have to blend well with the mince. Leave aside for 4 hours in the refrigerator.
3. At serving time, oil and wipe the skewers. Heat the tandoor or oven. Press mince into sausage-shaped kebabs directly onto the skewers. Put the skewers into the hot tandoor or grill and cook for 8 minutes. Pour or drip melted butter on them to baste the kebabs.
4. Turn the skewer. Baste again with melted butter. Roast for 5 minutes more.
5. Serve with chutney, onion rings and lemon. Sprinkle chaat masala on the kebabs and onions.

Note: Grilling or roasting should be done on constant moderate heat, otherwise it toughens the protein of the meat, making the kebabs shrink and turn hard.

Always grease the wire rack or grill nicely with oil to avoid the kebabs sticking to the grill.

Shami Kebabs

Delicious succulent kababs make an ideal evening snack. Serve with mint chutney.

Gives 15 Kababs *Picture on page 89*

PRESSURE COOK TOGETHER
250 gms keema (minced mutton), chicken keema can also be used
¼ cup channa dal (split gram)
3-4 laung (cloves), 1" stick dalchini (cinnamon)
1 moti illaichi (black cardamom) - coarsely powdered
¾ tsp jeera (cumin seeds)
1 tsp salt, ½ tsp red chilli powder, ¾ tsp garam masala
5 saboot kali mirch (peppercorns)
3 large flakes garlic (optional)
1 small onion - chopped
1 tsp ginger paste

OTHER INGREDIENTS
1 egg
oil for frying

1. In a pressure cooker add all the ingredients to be pressure cooked together. Add ¼ cup water and give 5-6 whistles. Remove from fire.
2. Let the pressure drop. Open the cooker and dry the keema completely on fire. Remove from fire.
3. Cool and grind to a fine paste.
4. Remove from the grinder and mix in the egg.
5. Shape into small round kababs and deep fry to a golden brown colour.
6. Serve with onion rings and lemon wedges.

Note: If the mixture is loose and you have difficulty in shaping it into kababs, add a little cornflour or keep mixture in the fridge for 1-2 hours to become firm.

Fish Tikka

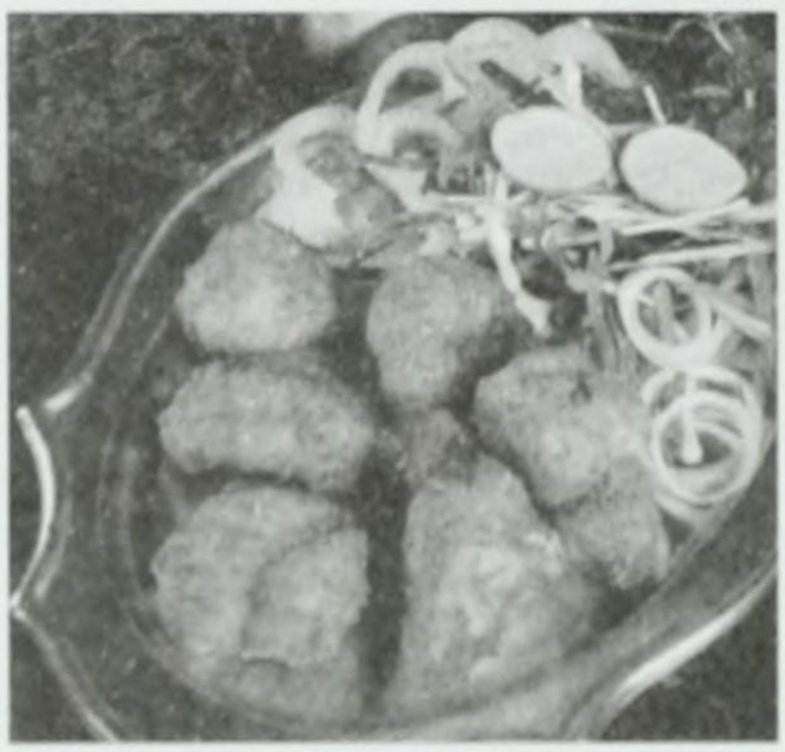
Serves 4-6

½ kg fish - cut into 1½" x 1" pieces
3 tbsp besan (gramflour)
½ tsp kalonji (onion seeds) or kale til (black sesame seeds)

FIRST MARINADE
juice of 1 lemon
½ tsp salt, ½ tsp chilli powder
2 tbsp oil

FINAL MARINADE
2 tbsp ginger-garlic paste
½ cup curd - hang for 30 minutes in a muslin cloth
1 tsp cornflour
1 tbsp oil
½ tsp ajwain (carom seeds)
few drops of orange red colour

1. Wash the fish with 1 tbsp besan and 1tbsp lemon juice to remove the fishy odour. Remove on to a kitchen towel and pat dry.
2. Add lemon juice, salt, chilli powder and oil. Keep aside for atleast ½ hour.
3. Mix together garlic-ginger paste, curd, cornflour, oil, ajwain and colour. Pick up the fish pieces and marinate them in this for minimum ½ hour.
4. To serve, grease the wire rack or the grill nicely with oil. Place the fish tikkas on it. Sprinkle some kalonji or sesame seeds.
5. Grill in an oven at 180°C for 12 minutes. Baste with butter or oil and grill for another 2-3 minutes. Serve hot sprinkled with chaat masala.



Methi Fish Tikka

Delicious grilled fish flavoured with fenugreek.

Serves 4-6 *Picture on page 69*

½ kg fish - cut into 1½" x 1" pieces
3 tbsp dry besan, ½ tsp salt and a pinch of turmeric powder

1 ST MARINADE
juice of 1 lemon, ½ tsp salt, ½ tsp pepper, 2 tbsp oil

2 ND MARINADE
½ cup thick curd - hang for 30 minutes
1 tsp cornflour
2 tbsp oil
½ tsp ajwain (carom seeds)

GRIND TO A FINE PASTE
½ cup chopped fresh dhania (coriander)
2 tbsp kasoori methi (dry fenugreek leaves)
1 tsp saunf (fennel)
3-4 flakes garlic
¼" piece ginger
1 green chilli
1 tbsp lemon juice

BASTING
2 tbsp melted butter mixed with 1 tbsp kasoori methi

1. Rub the fish with 3 tbsp besan, 1tbsp lemon juice, ½ tsp salt and a pinch of haldi to remove the fishy odour. Wash after 15 minutes. Remove on a kitchen towel and pat dry.
2. Add lemon juice, salt, pepper and oil. Keep aside for atleast ½ hour.
3. Grind together dhania, kasoori methi, saunf, ginger, garlic and lemon juice to a rough green paste.
4. Mix the green paste with curd, cornflour, oil and ajwain to it. Marinate fish in this paste for at least half an hour.
5. Grill in an oven at 180°C for 12 minutes.
6. Baste tikkas with (pour) melted butter mixed with kasoori methi and grill for another 2-3 minutes. Serve hot sprinkled with chaat masala.

Malai Prawns

Serves 6-8

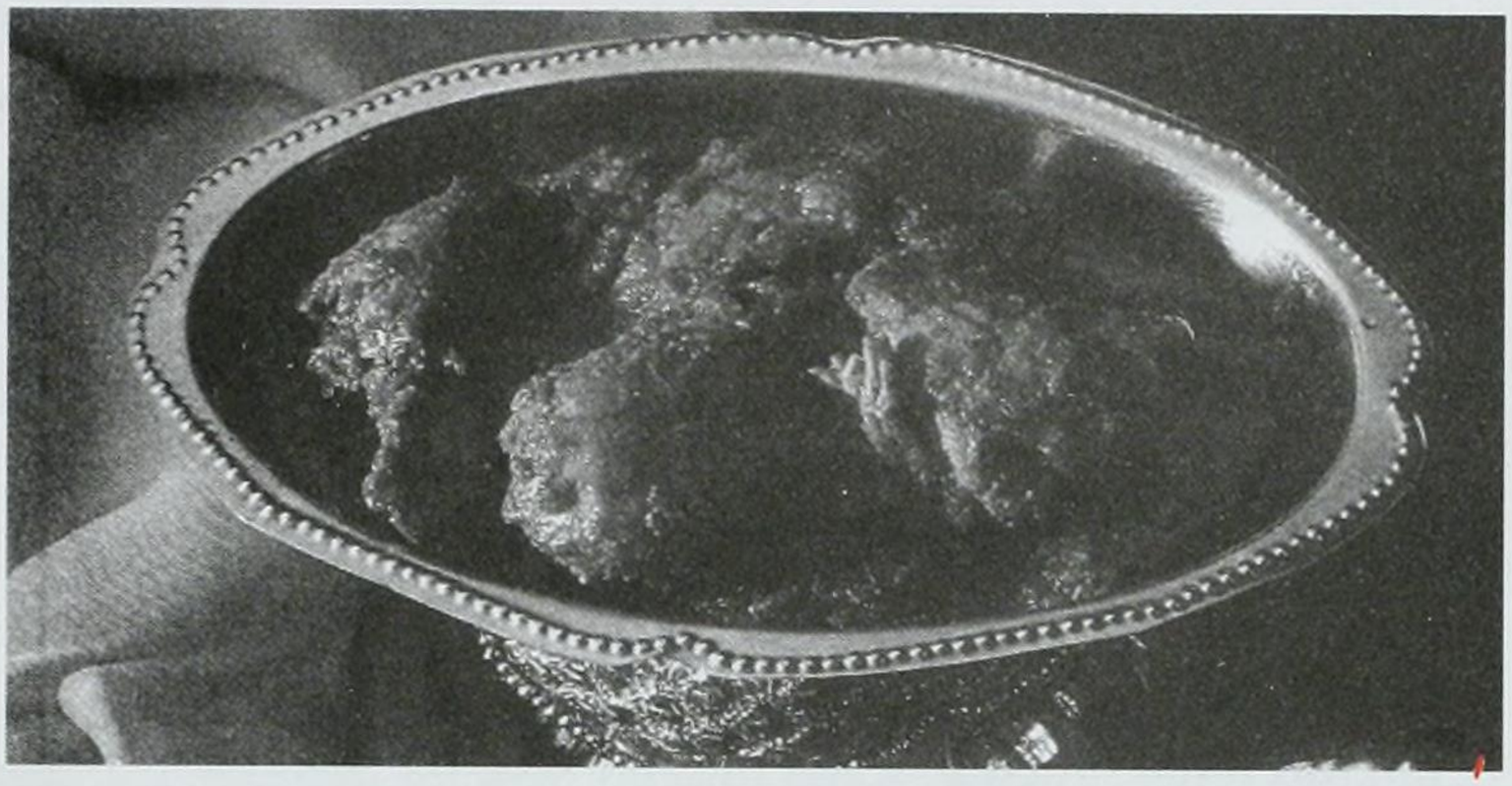
20 large prawns
3 tbsp butter melted and mixed with 1 tsp white pepper - for basting

1ST MARINADE
2-3 tbsp lemon juice
1 tsp salt, or to taste, ½ tsp red chilli powder
2 tbsp oil

2ND MARINADE
4 tbsp thick cream
1 cup thick curd - hung for 15 minutes
2-4 tbsp grated cheese, preferably mozzarella
1 egg
2 tbsp oil
¾ tsp salt
1 tbsp cornflour
1 tbsp ginger paste
2 tbsp chopped coriander

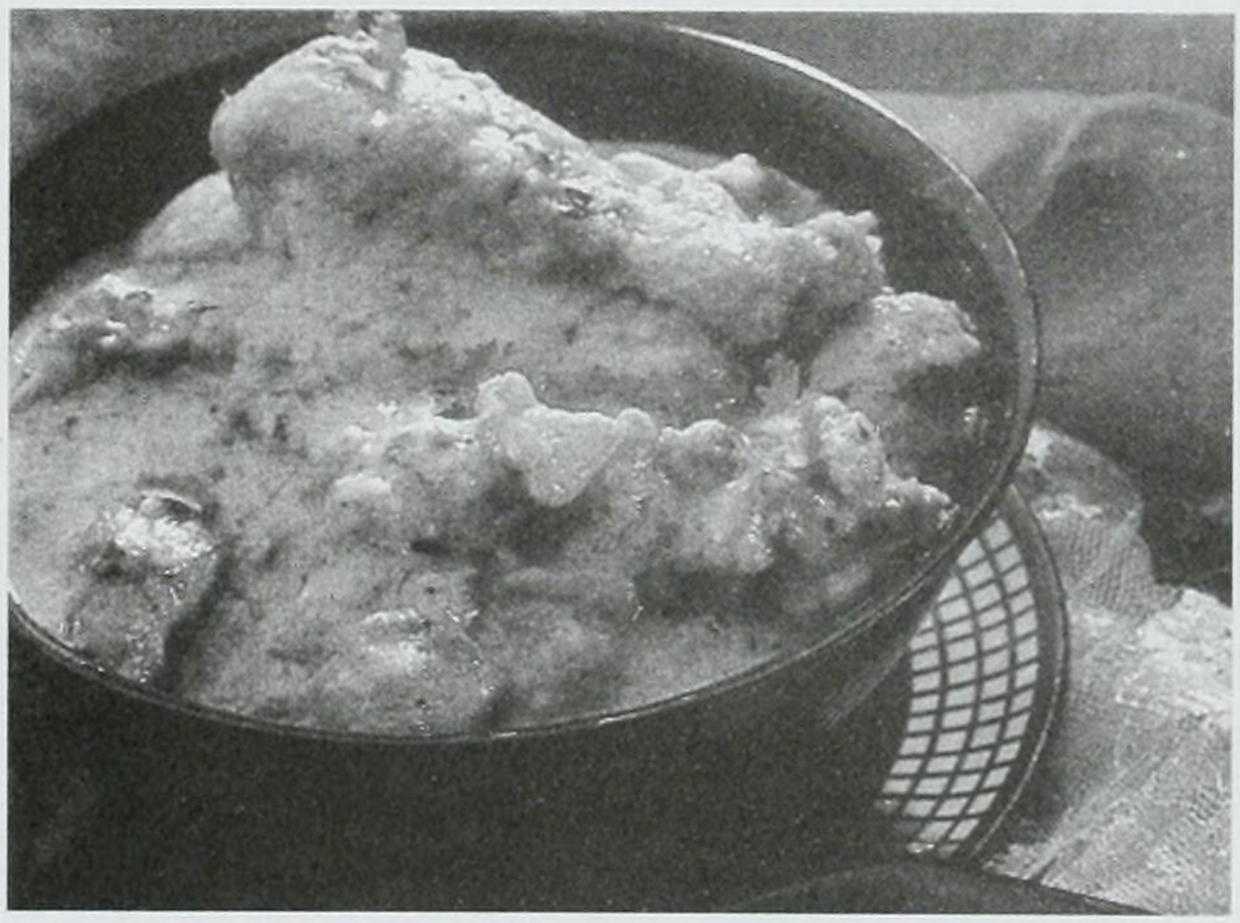
1. Devein and wash prawns. Pat dry them on a clean kitchen towel.
2. Marinate the prawns with the first marinade – salt, red chilli, lemon juice and oil for ½ hour.
3. Mix cream, cheese, egg, oil, cornflour, ginger paste, salt and coriander to the hung curd.
4. Pick up the prawns discarding the lemon juice. Marinate them in the curd mixture for 2-3 hours or even more, but refrigerate while being marinated.
5. Arrange the marinated prawns on a greased baking tray. Bake in a hot oven at 180°C for 10 minutes.
6. Melt some butter and mix some white pepper in it. Turn the prawns once in between duting baking and baste with this melted butter to flavour them. Grill till tender.
7. Serve with mint chutney mixed with a little hung curd. Garnish with onion rings.

Note: Be particular about the oven time, do not over grill the prawns.



CHICKEN

Indian



Murg Kadhai Waala

A semi-dry preparation of chicken, flavoured with fenugreek and coriander.

Serves 4

1 medium sized (800 gms) chicken - cut into 12 pieces or 500 gm boneless chicken - cut into bite size pieces
6 tbsp oil
½ tsp methi dana (fenugreek seeds), 3 whole, dry red chillies
3 large onions - cut into slices
15-20 flakes garlic - crushed & chopped
4 large tomatoes - chopped
¼ cup (4 tbsp) tomato puree
2 tsp salt, or to taste
1 tsp red chilli powder, 1 tsp dhania powder (ground coriander)
1½ tbsp saboot dhania (coriander seeds) - roasted lightly and coarsely crushed
4-5 tbsp cream
½ cup chopped green coriander
1 capsicum - cut into very thin long pieces
2" piece ginger - cut into match sticks
1-2 green chillies - cut into thin long slices

1. Dry roast saboot dhania (coriander seeds) on a tawa lightly. Do not make them brown. Pound them on a chakla-belan (rolling board & pin) to split the seeds. Keep aside.
2. Heat oil in a kadhai. Reduce heat. Add methi dana and whole red chillies and stir for a few seconds till methi dana turns golden.
3. Add onion and cook on medium heat till light brown.
4. Add garlic and stir for 1 minute.
5. Add tomatoes. Cook for 2 minutes.
6. Add the saboot dhania, red chilli powder and dhania powder.
7. Add chicken and bhuno for 4-5 minutes on high flame, stirring well to mix everything together.
8. Add salt. Cover and cook for 10-15 minutes till tender, stirring occasionally.
9. Add tomato puree and chopped green coriander. Cook for 1-2 minutes.
10. Add the capsicum, ginger match sticks and green chilli slices. Mix well.
11. Reduce heat. Add cream. Mix well and remove from fire. Serve hot.

Sirka Pyaz Murg

Spicy, dry pickle flavoured chicken with onion chunks.

Serves 4

1 chicken (800 gms) - cut into 12 pieces
2 large onions - grated
6-8 flakes garlic - chopped finely
2" piece ginger - chopped finely
2 tsp chilli powder
½ tsp haldi powder
salt to taste
6-8 tbsp oil
¼ tsp hing (asafoetida)

ACHAARI MASALAS (COLLECT ALL TOGETHER)
1½ tsp saunf (aniseeds)
1 tsp jeera (cumin seeds)
½ tsp methi dana (fenugreek seeds)
½ tsp rai (mustard seeds), ½ tsp kalaunji (onion seeds)

SIRKE WAALE PYAAZ
2 small onions - each cut into 4 pieces
a slice of ginger - cut into thread fine strips (juliennes)
¼ tsp salt, ¼ tsp red chilli powder
4 tbsp vinegar

1. For the sirke waale pyaz, rub salt and red chilli powder on the onion and ginger strips. Add vinegar and mix well. Keep aside.
2. Heat oil and fry the chicken pieces till golden brown. Remove from oil.
3. In the same oil, add hing, stir and add all the collected achaari masalas. Stir till methi dana turns golden.
4. Add the onions. Cook till onions turn golden brown.
5. Add garlic and ginger and stir for a few seconds.
6. Add the fried chicken pieces, salt, haldi, chilli powder and stir for a few seconds.
7. Add ½ cup of water to the chicken. Boil. Reduce heat and cover and cook the chicken until absolutely tender. Keep aside till serving time.
8. At serving time, add onion mixture along with the vinegar, stirring continuously until the masala is dry and coats the chicken pieces.

Chicken Amravati

Onion, peanuts and coconut shreds coat chicken strips in a South Indian style.

Picture on facing page *Serves 4-6*

2 chicken breasts
5 onions - 2 grated and 3 sliced
½ cup curry leaves
5 tbsp oil
1½ tsp brown small rai (mustard seeds)
a small piece of fresh coconut - brown skin removed & grated finely (¼ cup)
2 tbsp roasted peanuts - split into halves
1¼ tsp salt, or to taste
3 tbsp lemon juice (juice of 1 large lemon)
a pinch of tandoori red colour
4 tbsp tomato puree

RED CHILLI PASTE
4 Kashmiri red chillies - deseeded and soaked in warm water for 10 minutes
1" piece ginger
1 tbsp cashews, 3 tbsp curd
2 tsp dhania powder
2-3 laung (cloves), 6-7 saboot kali mirch (peppercorns)

1. Wash the chicken. Cut breasts into thick strips. Pressure cook with 1½ cups water and ½ tsp salt and 1 tbsp oil to give 1 whistle. Remove from fire. Keep aside.
2. Grate 2 onions. Cut the other 3 onions into halves. Then cut each half widthwise into semi-circles to get half rings or thin strips of onion.
3. Scrape brown skin of coconut and grate finely to get ¼ cup.
4. Drain the soaked red chillies. Add all other ingredients of the paste and grind to a smooth paste using a little water for grinding.
5. Heat 5 tbsp oil. Add rai. Let it splutter for a minute.
6. Add grated onions and curry leaves. Cook till onions turn light brown.
7. Add onion slices and cook for 3-4 minutes till soft.
8. Add peanuts and coconut and cook on low heat for 5 minutes till crisp. Keep the coconut spread out while cooking.
9. Add tomato puree, cook for a minute.
10. Add chicken, reserving the stock. Add red chilli paste and stir fry for 2-3 minutes.
11. Add colour and salt. Add 1 cup chicken stock. Boil. Cover and cook on low heat for 3-4 minutes, stirring occasionally. Add lemon juice and mix well. Serve hot.

Kashmiri Chicken Kalia : Recipe on page 67, Chicken Amravati ➢

Chicken Chettinad

The fiery curry of Chettinad - a place in South India. Though it is a hot curry, yet it has a wonderful flavour. The peppercorns impart the flavour to the dish.

Serves 4-6

1 chicken (700-800 gm) - cut into 12 pieces
5-6 tbsp oil, 1 large onion - chopped very finely
¼ cup curry patta
3 tomatoes - pureed
1 tsp salt, or to taste
2-3 tbsp lemon juice
2-3" piece ginger, 8-10 flakes garlic
1 tbsp khus khus (poppy seeds), 2 tbsp cashewnuts - broken pieces
1 cup milk

CHETTINAD MASALA
½ cup freshly grated coconut (remove brown skin before grating)
1 tsp saboot dhania (coriander seeds)
½ tsp jeera (cumin seeds), 2½ tsp saboot kali mirch (peppercorns)
5-6 whole, red chillies
3 chhoti illaichi (green cardamoms)
2-3 laung (cloves), 1" dalchini (cinnamon stick)
1 tbsp oil

1. Soak khus khus and cashewnuts in a little warm water for 10-15 minutes.
2. Heat 1 tbsp oil in a pan or tawa. Add coconut, saboot dhania, jeera, red chillies, laung, dalchini and seeds of chhoti illaichi to oil and stir-fry till fragrant. Remove from fire.
3. Drain khus and cashews. Grind together the roasted masala with the drained khus-khus-cashewnuts, ginger and garlic to a smooth paste in a mixer grinder to a very smooth paste with ¼ cup water.
4. Heat oil in a kadhai and add the chopped onions. Fry till light brown.
5. Add the pureed tomatoes, salt, haldi and chilli powder. Cook till tomatoes are well blended with the masala and oil separates.
6. Add the chicken and cook or bhuno for 7-10 minutes or till almost cooked.
7. Add the ground paste and curry leaves. Saute for 2 minutes.
8. Add lemon juice and 1½ cups of water. Cover and cook till chicken is tender, stirring in between. Cook till the masala is thick. Keep aside till serving time.
9. At serving time, add 1 cup milk to the chicken. Keep on low heat, stirring continuously, till it boils. Serve garnished with coriander.

Mughlai Murg Curry

A thick chicken curry preparation cooked in curd and cashewnut paste.

Serves 4

1 medium sized chicken (800 gm) - cut into 8 or 12 pieces
5 tbsp oil
1 tej patta (bay leaf)
4 chhoti illaichi (green cardamoms)
10 cashewnuts - ground to a fine paste with a little water
3 large onions - finely chopped
1 tbsp ginger paste
2 tbsp garlic paste
1 cup thick dahi (yoghurt) - beaten well till smooth
1 cup milk
1 tsp red chilli powder, salt to taste
1 tsp garam masala powder
2 tbsp chopped coriander

1. Grind cashewnuts to a very smooth paste with a little water.
2. Heat oil in a pressure cooker. Add tej patta and broken green cardamoms. Stir for a few seconds.
3. Add the chopped onions and stir fry till light brown.
4. Add ginger-garlic paste and fry for 2-3 minutes, till water evaporates.
5. Add the chicken pieces and stir fry on high flame for about 5 minutes or till the chicken is half cooked and the water evaporates.
6. Mix curd with cashewnut paste, chilli powder, salt & garam masala.
7. Add the curd mixture to the chicken, stir for a few minutes till the curd turns dry and blends well with the masala.
8. Add milk and chopped coriander. Mix well.
9. Pressure cook to give 1 whistle and keep on low flame for 1 minute. Check for tenderness after the pressure drops.
10. Garnish with fresh coriander leaves and serve with hot naan or roti.

Murg Kali Mirch

Delicious dry chicken - can be served as the main dish or a snack.

Serves 5-6

1 chicken (800 gm) - cut into 12 pieces
6-7 tbsp butter
2 tbsp grated ginger
1 tsp salt
1 tsp peppercorns (saboot kali mirch) - freshly crushed
3-4 tbsp lemon juice (adjust to taste)

GARNISHING
some fresh coriander - chopped

1. Heat butter on medium flame. Do not let the butter burn by keeping the heat too high.
2. Add grated ginger. Fry on medium heat till slightly brown.
3. Add chicken, salt and pepper and fry till chicken changes colour.
4. Lower heat, cover and let it cook for about 15 minutes or till chicken is tender.
5. Increase heat, add lemon juice and cook till dry.
6. To serve, heat chicken and spoon out on to the serving dish leaving the fat (melted butter) behind. Sprinkle coarsely pounded peppercorns and fresh coriander and serve.

Butter Chicken

Serves 4

1 TANDOORI CHICKEN - RECIPE GIVEN ON PAGE 46

MAKHANI GRAVY
2 tbsp butter, 2-3 tbsp oil, 1 tej patta (bay leaf)
2 tbsp ginger-garlic paste
½ kg (6-7) tomatoes - blanched, peeled and ground to a very smooth puree
4 tbsp cashewnuts - soaked in hot water for 15 minutes, drained and ground to a very fine paste with a little water
¼ tsp Kashmiri or degi mirch
1 cup milk, 2 tbsp cream
½ tsp garam masala, 1 tsp tandoori masala, ¼ tsp sugar or to taste

1. Prepare tandoori chicken as given on page 46. If you don't have a tandoor or an oven, see note given at the end of the recipe, to cook chicken in the kadhai.
2. To prepare the makhani gravy, boil water in a pn. Add tomatoes to boiling water. Boil for 3-4 minutes. Remove from water and peel. Grind to a smooth puree. Keep aside.
3. Heat butter and oil together in non stick pan or a kadhai. Add tej patta. Stir for a few seconds. Add ginger and garlic paste, cook until liquid evaporates and paste just changes colour.
4. Add pureed tomatoes, degi mirch and sugar. Cook until the puree turns very dry and fat separates.
5. Add cashew paste, stir for a few seconds on medium heat till fat separates. Lower the heat. Add about 1 cup of water to get the desired gravy. Bring to a boil, stirring constantly.
6. Add chicken and salt. Cover and simmer for 5-7 minutes till the gravy turns to a bright colour. Reduce heat. Add milk and bring to a boil, stirring continuously. Keep stirring for 1-2 minutes on low heat till you get the desired thickness of the gravy.
7. Remove from fire and stir in cream, stirring continuously. Add garam masala and tandoori masala. Stir. Garnish with 1 tbsp of fresh cream, slit green chillies and coriander.

Note: To prepare tandoori chicken for Butter chicken, if you do not have a tandoor or an oven, simply marinate the chicken as given on page 46 and cook in a non stick pan or kadhai instead of a tandoor. Add chicken pieces to some hot oil. Stir fry on high flame till the chicken is brown and crisp. Lower heat, cover and cook for 5 minutes till chicken is tender. Put it in makhani gravy.

Saag Murg

The addition of fresh methi to spinach makes the dish tastier.

Serves 6-8

1 chicken (700-800 gm) - cut into 8 or 12 pieces
500 gm palak (spinach), 250 gm methi (fenugreek greens)
2-3 onions - chopped finely
3 tbsp ginger-garlic-green chilli paste
1 large tomato - chopped
½ cup thick curd - beaten well till smooth
1 tsp garam masala, 1 tsp chilli powder, salt to taste
½ cup milk or water
4-5 tbsp oil
2 tbsp cream to garnish (optional)

1. Sprinkle salt on methi leaves and keep aside for 15 minutes. Squeeze to remove bitterness from the leaves.
2. Discard stems of spinach and chop the leaves finely. Wash both leaves in plenty of water, changing water several times.
3. Heat oil in a heavy bottomed pan. Add onions. Cook till light brown.
4. Add the ginger-garlic-green chilli paste. Cook for 1 minute.
5. Add tomato. Cook for 1 minute, till it turns mushy.
6. Add curd, salt, chilli powder, garam masala and cook on high flame or till oil separates a little.
7. Squeeze out all the excess water from spinach and methi leaves. Add to the masala. Cook on high flame till all the excess water evaporates.
8. Now add the washed chicken pieces and bhuno or stir fry on high flame stirring constantly.
9. Cook till water evaporates and the masala sticks to the chicken pieces.
10. Add milk or water. Reduce heat. Cover and cook till chicken is tender.
11. Remove cover and again cook for 2 to 3 minutes or till chicken pieces are coated with spinach masala.
12. Garnish with cream. Serve hot.

Hyderabadi Murg Korma

Serves 6-8

MARINADE

800 gm chicken - cut into 12 pieces
1 cup dahi (yogurt)
3 tbsp ginger paste
4 tsp garlic paste
2 onions - sliced finely
1 tsp red chilli powder
½ tsp haldi
2 tsp salt, or to taste
¼ cup freshly grated coconut (grated without the brown skin)
4 tbsp cashews - soaked in warm water and ground to a paste
4 tbsp til (sesame seeds)
1/3 tsp jaiphal (nutmeg) powder

SABOOT GARAM MASALAS

8-10 chhoti illaichi (green cardamoms)
2 moti illaichi (brown cardamoms)
6-8 laung (cloves)
2" dalchini (cinnamon)
1 tej patta
¼ tsp javetri (mace)

OTHER INGREDIENTS

8 tbsp oil
1 tbsp lemon juice
2-3 tbsp chopped coriander

1. Mix yogurt, onion slices and all other ingredients of the marinade together. Marinate the chicken in it for at least 30 minutes.
2. Heat 8 tbsp oil. Add saboot garam masalas. Wait for 1 minute for them to crackle.
3. Add chicken along with the marinade. Bhuno for 5 minutes.
4. Add about 1½-2 cups water and simmer till chicken turns tender.
5. Add 1 tbsp lemon juice and coriander. Serve hot.

Punjabi Chicken Curry

Serves 4

1 medium size chicken (700-800 gm) - cut into 8 pieces
½ cup thick curd - well beaten
1¼ tsp salt, or to taste
6-7 tbsp oil
1 tej patta (bay leaf)
2-3 laung (cloves)
1" stick dalchini (cinnamon)
2 moti illaichi (brown cardamoms)
3-4 large onions - ground to a paste
½ tsp haldi, 2 tsp dhania powder, ½ tsp red chilli powder, 1 tsp garam masala
3 tsp garlic paste, 2 tsp ginger paste
2 tomatoes - pureed in a blender
1 tsp tandoori masala
2 tbsp chopped coriander

1. To marinate the chicken, keep the washed and drained chicken in a bowl.
2. Add beaten curd and salt. Keep aside for ½ hour at least.
3. Heat oil in a heavy bottomed kadhai. Add 1 bay leaf, laung, dalchini and moti illaichi. Wait for a few seconds.
4. Add onion paste. Stir fry on medium heat till well browned
5. Reduce heat and add ¼ cup water. Add red chilli powder, haldi, garam masala and dhania powder.
6. Add ginger and garlic paste, stir for 1 minute.
7. Add the freshly pureed tomatoes. Cook till oil separates and the tomatoes blend well with the onions.
8. Put the chicken pieces, leaving behind the marinade.
9. Bhuno well till the water evaporates and the chicken turns dry and glossy. (The chicken leaves it's own fat).
10. Reduce heat and add the marinade. Bhuno for 6-8 minutes more, till the curd dries completely and oil separates.
11. Add 2½ cups of water. Boil. Cover and cook on low heat for 3-4 minutes till the chicken turns tender or pressure cook to give 1 whistle.
12. Add 1 tsp tandoori masala and mix well. Garnish with hara dhania.

Kashmiri Chicken Kalia

Kashmiri chicken in yellow turmeric gravy.

Serves 6 *Picture on page 59*

1 chicken (1 kg) - cut into pieces of your choice (8-12)
5 tbsp oil
5-6 laung (cloves)
2 tej patta (bay leaves)
2" dalchini (cinnamon)
1 large onion - ground to a paste, optional
½ tsp hing (asafoetida)
¾ tsp haldi (turmeric) powder
1 cup curd - well beaten
1 tsp salt
2½ tsp saunf (fennel powder)
1½ tsp sonth (dry ginger powder)
seeds of 2 moti illaichi and 5-6 chhoti illaichi (cardamoms) - coarsely ground
½ tsp garam masala (optional)
a pinch of kesar (saffron) - dissolved in 1 tbsp warm water

1. Heat oil. Add laung, dalchini and tej patta. Fry till fragrant.
2. Add onion. Stir till transparent. Do not let it turn brown.
3. Add hing and haldi powder. Fry for 1 minute.
4. Add chicken. Fry for 3-4 minutes.
5. Mix together beaten curd, saunf, sonth, salt and ¼ cup water. Mix well.
6. Reduce heat. Pour the curd over the chicken.Cook for 2-3 minutes.
7. Add ground cardamoms. Add 1 cup water, cover and cook on low heat till chicken is well cooked.
8. Add saffron and garam masala.
9. Simmer for a few minutes and serve hot.

Note: If you do not want to use onion, just omit step 2.

For making mutton kalia, take 1 kg of mutton. Heat 2½ cups water. Add mutton, dalchini, laung, tej patta, salt, haldi and hing. Boil till nearly cooked and then add rest of the seasonings along with curd as in the above chicken recipe. The chicken has very little gravy but in mutton you can keep a little more gravy which will be of thin consistency. In the end heat some oil and pour over the cooked mutton. Simmer for a few minutes and serve hot.

Chicken Jalfrezi

Chicken deliciously combined with vegetables.

Picture on facing page *Serves 4*

2 chicken breasts
1 large carrot - cut diagonally into thin slices
5-6 beans - cut diagonally into thin slices
½ green capsicum - deseed and cut into thin fingers
½ yellow or red pepper (capsicum) - deseeded & sliced into thin fingers
1 long, firm tomato - cut into 4, pulp removed and cut into thin long pieces
15-20 curry leaves
4 tbsp oil

COLLECT TOGETHER
1 tsp jeera (cumin seeds)
½ tsp sarson (mustard seeds)
¾ tsp kalonji (onion seeds)
¼ tsp methi daana (fenugreek seeds)

MIX TOGETHER
5 tbsp tomato puree, 1 tbsp tomato ketchup
2 tsp ginger-garlic paste or 2 tsp ginger-garlic - finely chopped
½ tsp red chilli powder, ½ tsp amchoor powder, 1 tsp dhania powder
½ tsp salt, or to taste

1. Wash the chicken. Boil with ½ tsp salt and 1 tbsp oil in 1 cup water till tender or pressure cook to give 1 whistle. Keeping the chicken stock aside, cut the chicken into thin strips widthwise.
2. Put carrots and beans in salted boiling water for 2 minutes till crisp-tender. Strain and keep aside.
3. Mix together - tomato puree, tomato ketchup, ginger, garlic, red chilli powder, dhania powder, amchoor and salt in a bowl. Keep aside.
4. Heat 4 tbsp oil in a kadhai. Add the collected seeds together. When jeera turns golden, reduce heat and add curry leaves and stir for a few seconds.
5. Add the tomato puree mixed with dry masalas and stir on medium heat for 2 minutes. Add ¾ cups stock. Boil.
6. Add chicken strips and stir for 2 minutes.
7. Add carrots and beans. Stir for 1 minute. Add the capsicums and tomato. Stir till well blended. Remove from fire.

Methi Fish Tikka : Recipe on page 53, Chicken Jalfrezi ➤

Chicken in Tamarind Sauce

A hot, sweet and sour flavoured chicken.

Serves 4-6

500 gm boneless chicken - cut into 1" pieces
5 tbsp oil
1 tbsp curry leaves
½ tsp kalonji (onion seeds)
3-4 dried red chillies
½ tsp methi dana (fenugreek seeds)
10-12 cherry tomatoes or 1 large tomato - cut into 8 pieces
3 tbsp chopped fresh coriander
2 fresh green chillies - chopped

MIX TOGETHER
4 tbsp tomato ketchup
1 tbsp tamarind paste (soak a small ball of tamarind in ¼ cup water and squeeze out the pulp)
½ cup water
1½ tsp chilli powder, 1½ tsp salt, or to taste
2 tsp ginger matchsticks, 3-4 garlic cloves - crushed (1 tsp)
2 tbsp desiccated coconut
2 tbsp til (sesame seeds), 1 tsp khus khus (poppy seeds)
1 tsp jeera powder (ground cumin)
1½ tsp dhania (coriander) powder

1. Put the tomato ketchup, tamarind paste and water into a large bowl and mix well.
2. Add the chilli powder, salt, sugar, ginger, garlic, coconut, sesame and poppy seeds, ground cumin and ground coriander to the mixture.
3. Add the chicken pieces to this mixture and mix well until they are well coated with the spice mixture. Set aside.
4. Heat the oil in a large kadhai. Reduce heat. Add the curry leaves, onion seeds, red chillies and fenugreek seeds and fry for 1 minute.
5. Add the chicken pieces with their sauce and mix well. Saute for 3 minutes. Cook covered for about 12-15 minutes on medium heat, or until the chicken is thoroughly cooked. Add ½ cup water and boil.
6. Add the tomatoes, fresh coriander and green chillies and serve with rice if wished.

Murg Navrattan

Murg Navrattan has a thick, creamy gravy flavoured with mace and cardamom.
9 types of nuts (navrattan) are used in this gravy.

Serves 6-7

700 gm chicken - cut into 12 pieces
1 cup yoghurt - whisked well, 2 tsp salt, or to taste
2 onions - sliced, 1" ginger - chopped, 2 green chillies - deseeded and chopped
½ cup oil or ghee, ¼ tsp haldi (turmeric), 1 tsp red chilli powder
4 tbsp cream, ¼ tsp mace (javetri) and green cardamom (chhoti illaichi) powder

WHOLE GARAM MASALA
2 chhoti illaichi (green cardamoms), 1 moti illaichi (black cardamoms), 2 laung (cloves), 1 stick dalchini (cinnamon), 1 tej patta (bay leaf), a pinch javetri (mace)

THE SHAHI PASTE
(soak together for 30 minutes in ¼ cup water and grind)
1 tbsp poppy seeds (khus khus), 2 tbsp almonds (blanched)
2 tbsp cashewnuts, 2 tbsp watermelon seeds (tarbuz giri)

THE 9 RATTANS (SOAK TOGETHER)
7-8 pistachio, 5 almonds - blanched in hot water and skin removed
5 cashewnuts, 5 walnut halves, 5 pine nuts (nyoze)
1 tsp raisins (kishmish), 1 tsp watermelon seeds (tarbooz ke beej)
1 tsp melon seeds (kharbooze ke beej), 1 tsp chironji (sunflower seeds)

1. Whisk yoghurt in a large bowl, add salt and leave the chicken pieces in this marinade for at least 30 minutes.
2. The 9 rattans: blanch pistachio and almonds, remove the skin. Soak in lukewarm water with the remaining ingredients for 15 minutes.
3. Heat ghee. Add whole garam masala and saute for a minute.
4. Add sliced onions and saute until golden brown. Add ginger and green chillies.
5. Add turmeric and red chilli powder. Stir.
6. Add marinated chicken, alongwith the marinade, add water (approx ½ cup), bring to a boil, cover and simmer for about 15-20 minutes, until chicken is tender.
7. Add shahi paste, boil, then simmer until the oil separates.
8. Reduce heat. Add cream and stir. Sprinkle mace and cardamom powder and half the navrattans, stir. Adjust the salt.
9. Remove to a dish, garnish with the remaining navrattans and serve.

Kasoori Murg Malai

Curd and cream form the base of this white gravy with a fragrant flavour of fenugreek.

Serves 5-6

1 chicken (800 gm) - cut into 12 pieces or 500 gm boneless - cut into 2" pieces
1 cup curd - hung for ½ hour and then beaten till smooth
150 ml (1 cup) fresh cream
1 tbsp kasoori methi (dried fenugreek leaves)
6 tbsp oil
1 tsp garam masala
1½ tsp salt, or to taste
1 tsp white pepper (adjust to taste)

GRIND TOGETHER
2 medium onions
6 flakes garlic
1" piece ginger
1-2 green chillies

1. Grind together onions, green chillies, garlic and ginger with a little water to a fine paste.
2. Heat oil. Add onion paste and fry till it just starts to change colour. Do not make it brown.
3. Add chicken, salt, garam masala and white pepper. Fry for 3-4 minutes on moderate heat till chicken changes colour.
4. Add hung curd and kasoori methi. Mix well and cook for 3-4 minutes.
5. Cover, lower heat and cook till chicken is tender, approximately for 15-20 minutes.
6. Add ½ cup water and bring to a boil. Simmer for 2-3 minutes to get a thick masala gravy.
7. Keeping the heat low, add fresh cream. Mix well and give one boil, stirring continuously on low heat.
8. Serve hot garnished with kasoori methi and fresh dhania.

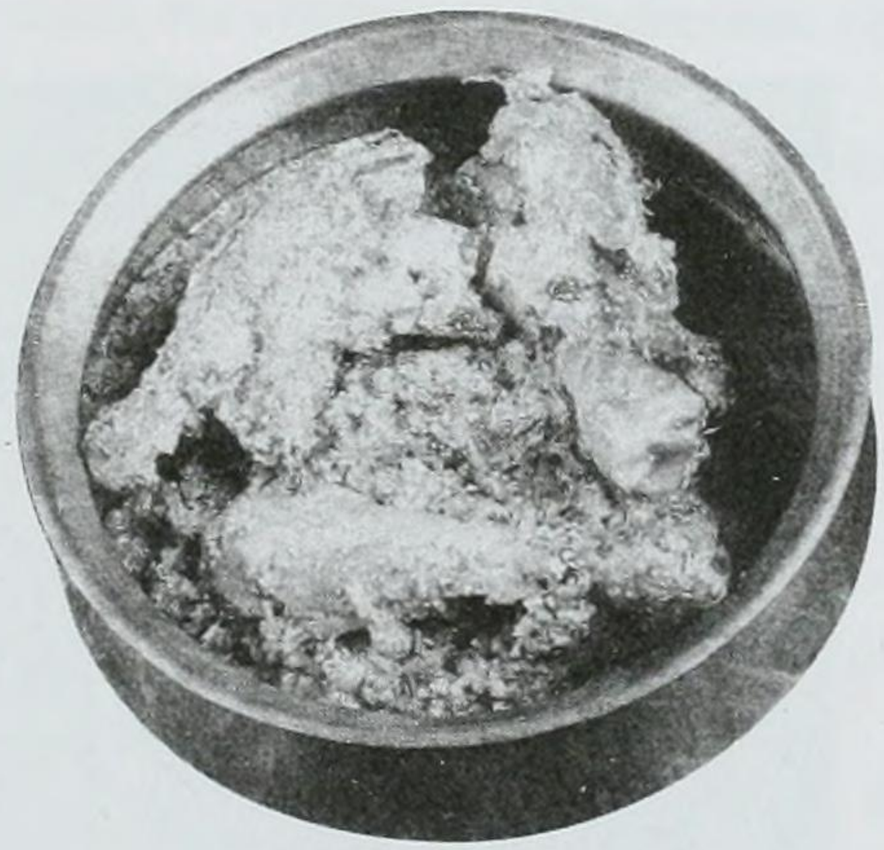
Danival Korma

Chicken cooked in curd with fresh and dry coriander in a Kashmiri style.

Serves 5-6

1 chicken (600-700 gms) - cut into pieces of your choice
5 tbsp oil
2 onions - ground to a paste
1½ cups curd - well beaten till smooth
1¾ tsp salt, 2 tbsp dhania powder
1 tsp saunf (fennel powder), 1 tsp sonth (dry ginger powder)
8 chhoti illachi (green cardamoms) - powdered
½ tsp garam masala
½ cup finely chopped fresh coriander leaves

1. Heat oil. Add onion paste and stir fry till brown.
2. Add chicken and fry for 2-3 minutes.
3. Lower heat. Add curd, saunf, sonth, salt and dhania powder. Stir continuously on low heat till it boils.
4. Cook covered till chicken gets cooked and little gravy remains.
5. Add garam masala, powdered illaichi and fresh dhania. Cook for 1-2 minutes. Serve hot.



CHICKEN

Continental Chinese & Thai

Chicken Sizzler

Serves 4

4 chicken fillets (breast pieces) with bones or boneless
some vegetables - boiled and sauted in butter, a few French fries

MARINADE
1½ tbsp vinegar, 3 tbsp tomato ketchup, 1 tbsp Worcestershire sauce
1 tsp mustard paste, ½ tsp salt, ½ tsp pepper, 1 tbsp oil

SAUCE
2 tbsp oil
1 tsp garlic - chopped and crushed
1½ tbsp maida (plain flour)
3 tbsp tomato puree, 1 tsp Worcestershire sauce
½ tsp chilli paste or powder
1½ cups water
1 chicken seasoning cube

1. Make 1-2 incisions in the chicken breasts. Marinate the chicken pieces with all the ingredients given under the marinade for 1-2 hours in the refrigerator.
2. Heat 1 tbsp oil in a pressure cooker. Add the marinated chicken pieces and stir fry on high flame for 1 minute or till the chicken is dry.
3. Add ¾ cups water and pressure cook to give 2 whistles. Immediately remove from fire to avoid the chicken getting over cooked.
4. After the pressure drops, check the chicken for tenderness. Remove the chicken pieces leaving behind the liquid.
5. To the liquid in the cooker, add 1½ cups water, seasoning cube, tomato puree, Worcestershire sauce and chilli paste.
6. Heat 2 tbsp oil in nonstick pan. Add garlic. Stir for a while. Add maida. Stir on low flame for ½ minute. Add the retained liquid to which sauces and water are added, and cook stirring continuously till it turns a little thick. Remove from fire.
7. Remove the iron sizzler plate from the wooden base. Put 3-4 tbsp water and dots of cold butter on the wooden base and keep aside. Heat the iron plate by keeping it directly on the flame. Reduce heat and let the iron plate be on fire while it is being filled.
8. Place 2-3 cabbage leaves on the plate and arrange chicken fillet on it. Pour the hot sauce over it. Arrange boiled vegetables and French fries on the sides.
9. Dot the iron plate with butter. (When the butter and sauce fall on the hot plate, it sizzles. With the help of a firm pair of tongs (sansi), place the hot iron plate on the wooden tray. Serve sizzling hot.

Chicken in Mustard Sauce

Chicken in a cream sauce flavoured with mustard paste.

Serves 4-6

1 chicken (700-800 gm) - cut into 12 pieces
2 onions - chopped finely
1 tbsp chopped garlic (8-10 flakes)
½ cup milk
1½ cups cream
3 tbsp mustard paste
½ tsp pepper
½ tsp salt
2 tbsp flour (maida)
5 tbsp butter
fresh parsley for garnishing

1. Heat 2½ tbsp butter in a non stick pan. Add the chicken pieces. Stir fry on moderate heat till the pieces are slightly brown.
2. Lower the heat, add salt. Cover and cook till the pieces are tender. Keep aside.
3. In a separate pan heat the remaining 2½ tbsp butter. Add chopped onion and garlic. Cook till onions change colour slightly.
4. Add maida. Stir for 1 minute on medium flame.
5. Reduce heat. Add milk, mustard paste, pepper and salt. Cook on low flame till sauce thickens.
6. Reduce heat. Add cream.
7. Drain the chicken pieces on a paper and then add to the sauce. Simmer for 1 minute.
8. Serve hot garnished with chopped parsley or coriander.

Mince Steak with Mushroom Sauce

Chicken mince steaks stuffed with herbed cheese, served with vegetables.

Serves 3-4

MINCE STEAKS

300 gm chicken mince (keema)

½ onion - chopped very finely, 1 tsp ginger-garlic paste

1 slice bread - remove sides and grind in a mixer to get fresh crumbs

1 tsp Worcestershire sauce, 1 tsp salt & ¼ tsp pepper, or to taste

FILLING (HERBED CHEESE)

4-5 tbsp grated mozzarella cheese

½ tsp dried oregano, 1 tbsp finely chopped fresh parsley or coriander

MUSHROOM SAUCE

1 tbsp butter, 3-4 mushrooms - finely chopped, 1½ tbsp flour (maida)

1¼ cups hot water mixed with 1 stock cube (seasoning cube), pepper to taste

½ tsp Worcestershire sauce, 1 tbsp tomato puree, 1 tsp tomato sauce

1. Grind the chicken mince in a mixer for a few seconds to get more binding in the chicken mince. In a bowl, combine chicken mince, onion, ginger-garlic paste, fresh bread crumbs, worcestershire sauce, salt and pepper. Mix well.
2. Mix all ingredients of the filling together. Keep aside.
3. Form 6 balls from the mince mixture. Flatten each ball and put a tbsp of herbed cheese inside. Shape into a ball again and flatten to form 6 steaks. Refrigerate till the time of serving.
4. To prepare the sauce, heat butter and fry the mushrooms until golden brown. Add the flour and stir on low heat until brown. Remove from heat. Mix the stock cube in hot water and add to the mushrooms. Add tomato puree and tomato sauce. Return to fire. Boil. Cook stirring continuously for 3-4 minutes till thick. Add pepper to taste. Remove from fire.
5. To serve, heat 1 tbsp oil on low heat in a nonstick pan and coat the bottom of the pan with this oil. Add the steaks. Cook steaks on low heat for about 8-10 minutes. Keep turning sides and pressing the steaks occasionally so that the steaks get cooked from inside and also turn brown on both sides.
6. Transfer to a serving platter. Pour hot mushroom sauce over them. Accompany the steaks with boiled vegetables and some rice.

Nutty Stir Fried Thai Chicken

Picture on facing page *Serves 4*

200 gms chicken, boneless - cut into small strips
6-8 mushrooms - each cut into 2 pieces
½ tsp salt & ½ tsp crushed peppercorns (adjust to taste)
1 spring onion - cut bulb into 4 pieces and green into 1" long pieces
2 tbsp oil
1 tbsp chopped garlic
1" piece ginger - chopped
½ tsp sugar
1 tbsp fish sauce
½ -1 tbsp soya sauce
½ green and ½ red capsicum - cut into 1" squares
½ cup freshly roasted or fried cashewnuts
4 fresh red chillies - slit lengthwise

1. Heat oil in a pan or a kadhai. Fry garlic and white part of onion till onion turns light brown.
2. Add ginger. Stir.
3. Add chicken & mushrooms. Add salt & freshly ground pepper. Fry for 4-5 minutes.
4. Reduce heat. Add sugar, fish sauce, soya sauce, green and red capsicums, cashewnuts and red chillies. Saute for 1-2 minutes. Serve hot.

Chicken in Garlic Butter Sauce

Picture on back cover *Serves 4*

2 chicken breasts (300 gm)
½ tsp salt, ¼ tsp pepper
1onion - peel and cut into 2 big pieces

SAUCE
3 tbsp butter
1 onion - sliced
15 flakes garlic - crushed to a paste (1 tbsp)
3 tbsp flour (maida)
1 cup milk
1 cup thin cream
2 tsp mustard paste
½ tsp pepper
¾ tsp salt, or to taste

1. Wash the chicken pieces. Sprinkle salt and pepper. Pressure cook with 1½ cups water and onion to give1 whistle. Remove from fire. If chicken is not tender, simmer for 2 minutes. Discard onion. (The onion is added only to flavour the chicken).
2. Cut the chicken breasts into fingers widthwise and keep the liquid (stock) aside.
3. In a heavy bottom pan put 3 tbsp butter. Keep on fire and add sliced onions and cook till soft. Add garlic paste. Cook till it changes colour slightly.
4. Add maida. Stir for 1 minute on medium flame till light golden.
5. Reduce heat. Add milk, stirring continuously.
6. Add 1 cup chicken stock.
7. Add mustard paste, pepper and salt. Cook on low flame till sauce thickens.
8. Add chicken. Remove from fire, add cream. Keep aside till serving time.
9. At serving time, heat sauce on low heat. Simmer for 1 minute till the chicken gets heated.
10. Serve hot garnished with chopped parsley or coriander.

Chicken in Black Pepper Sauce

Serves 4

200 gm chicken (boneless) - cut into 1" pieces
greens of 1 spring onion - cut into ½" pieces

SAUCE
½ tsp peppercorns (saboot kali mirch)
½ tsp chopped garlic, ½ tsp ginger paste
1 tsp freshly ground black pepper
½ - 1 tsp soya sauce
pinch of ajinomoto
1½ tbsp cornflour
1 tsp vinegar
2 tbsp oil
1½ cups water mixed with 1 chicken seasoning cube
OR
1½ cups chicken stock

MARINADE
1 egg
½ tsp salt, ¼ tsp ajinomoto (optional)
1 tbsp cornflour, 1 tbsp oil

1. Cut chicken into 1" pieces.
2. Marinate the chicken in all the ingredients of the marinade and keep aside for atleast ½ hour.
3. Heat 4 tbsp oil in a wok or a kadhai and stir fry the chicken for 3-4 minutes on medium heat. Drain and keep aside.
4. Heat 2 tbsp oil. Reduce heat and add ginger and garlic paste and peppercorns. Cook till garlic changes colour. Add black pepper, soya sauce, ajinomoto, vinegar and chicken. Add water mixed with cube or chicken stock. Cook till chicken turns tender and the sauce thickens. Add enough water (½ cup approx.) to get a sauce.
5. Add vinegar and greens of spring onion. Remove from fire. Serve hot.

Shredded Sesame Chicken

Serves 4

2 chicken breasts, 2 flakes garlic - crushed

BATTER
1 egg
4 tbsp cornflour
1 tbsp soya sauce
1 tbsp sesame seeds (white til)
1 tbsp hot oil
½ tsp salt and ¼ tsp pepper

OTHER INGREDIENTS
¼ of a cabbage - cut into 1" squares
1 big onion - cut into 8 pieces
2 tbsp oil
1½ tsp sesame seeds
1 tsp ginger-garlic paste
½ tsp vinegar
1 tbsp soya sauce
1½ tbsp tomato sauce
½ tsp salt
¼ tsp pepper
¼ tsp ajinomoto

1. Boil chicken breasts in ½ cup water with ½ tsp salt and crushed garlic for about 5 minutes or pressure-cook till 1 whistle.
2. Prepare a coating batter with egg, cornflour, soya sauce and sesame seeds. Add 1 tbsp hot oil, salt and pepper to the batter.
3. Pat the boiled breasts on a clean napkin. Dip in the prepared batter and shallow fry in a pan in 3 tbsp oil till golden. Remove on paper napkin. Cut into ¾" strips.
4. Heat oil. Add 1½ tsp sesame seeds.
5. Add ginger-garlic paste and onions. Add cabbage.
6. Add vinegar, soya sauce, tomato sauce, salt, pepper and ajinomoto. Mix.
7. Add chicken. Mix well. Serve.

Mongolian Chicken

A semi dry sweet and sour chicken in a Chinese red sauce.

Serves 4 *Picture on page 2*

200 gm chicken - cut into bite size (1½ - 2") pieces
3 tbsp tomato ketchup
1 tbsp vinegar
½ tsp ajinomoto
1 cup water mixed with 1 chicken seasoning cube or 1 cup chicken stock
4 tbsp oil
2 spring onions - white part finely chopped & greens of onions cut into 1" pieces
2 tbsp cornflour
1 tsp chilli powder
10 flakes garlic - crushed
3 tbsp coriander

MARINADE
1 egg
½ tsp salt, ½ tsp pepper, ¼ tsp ajinomoto (optional)
1 tbsp cornflour
1 tbsp oil
a pinch of orange colour

1. Cut chicken into 1" pieces.
2. Marinate the chicken in all the ingredients of the marinade and keep aside for atleast ½ hour.
3. Heat 4 tbsp oil in a wok or a kadhai and stir fry the chicken for 3-4 minutes on medium heat till cooked. Drain and keep aside.
4. In a frying pan heat 2 tbsp oil reduce heat add chilli powder.
5. Add crushed garlic, fry a little and add chicken pieces. Remove the chicken from the pan.
6. To the remaining oil add green spring onions and fry for a minute.
7. Add water mixed with seasoning cube or chicken stock. Boil.
8. Add tomato ketchup, ajinomoto and sugar. Add salt to taste. Boil for a minute.
9. Dissolve cornflour in ½ cup water and add to the stock, stirring continuously till the sauce thickens.
10. Add the chicken, green part of spring onions and chopped coriander. Cook for 1 minute. Add vinegar and remove from fire. Serve hot.

Chicken Manchurian

Serves 4

½ chicken - cut into 1" square pieces

EGG BATTER
1 egg
1½ tbsp cornflour
1½ tbsp flour
½ tsp soya sauce
¼ tsp salt & ¼ tsp pepper, or to taste

MANCHURIAN SAUCE
2 tbsp oil
1 tbsp crushed ginger
1 tbsp crushed garlic
1 green chilli - finely chopped
2 tbsp chopped spring onions (white portion) or regular onion
1½ cups chicken stock or 1½ cups water mixed with 1 seasoning cube
1 tbsp soya sauce
1 tbsp tomato sauce
1 tsp vinegar
½ tsp salt
¼ tsp pepper
¼ tsp ajinomoto
2 tbsp cornflour mixed in ½ cup water

GARNISH
2 tbsp chopped spring onion greens

1. Mix all ingredients of the batter.
2. Dip the chicken pieces in egg batter, deep fry till golden brown. Keep aside.
3. For the sauce, in a wok heat oil. Lightly fry garlic and ginger.
4. Add onion and green chilli. Stir for a minute.
5. Reduce heat add soya sauce, tomato sauce, vinegar and seasoning.
6. Add chicken stock. Cook for 2-3 minutes.
7. Add cornflour mixed with water and give one boil.
8. Add fried chicken and cook for 1-2 minutes.
9. Serve hot garnished with spring onion greens.

Chicken-Mushrooms in Red Thai Curry

Serves 4-5

400 gm diced boneless chicken (chicken with bones can also be used)
4 tbsp oil
7 tbsp red curry paste - recipe given below
2 cups coconut milk
100 gms mushrooms - sliced into thick pieces
1-2 tbsp fish sauce
1½ tsp salt, or to taste
1½ tsp sugar/gur
4-5 lemon leaves, 2 stalks lemon grass - tie into a knot (optional)
2-3 fresh green or red chillies - sliced lengthwise
15-20 basil leaves - chopped

RED CURRY PASTE

4 Kashmiri dry, red chillies - soaked in ½ cup warm water for 10 minutes
½ onion - chopped, 8-10 flakes garlic - peeled
1½" piece ginger - sliced
1 stalk lemon grass (use only the lower part) or rind of 1 lemon
1½ tsp coriander seeds (dhania saboot), 1 tsp cumin (jeera)
6 peppercorns (saboot kali mirch), 1 tsp salt, 1 tbsp vinegar, ¼ tsp haldi

1. Grind all the ingredients of the red curry paste along with the water in which the chillies were soaked, to a very fine paste.
2. Heat oil in a pan or kadhai. Add 7 tbsp of the prepared red curry paste and stir fry for 3-4 minutes till it gets aromatic and leaves oil.
3. Add chicken, lemon leaves and lemon grass. Fry for 2-3 minutes.
4. Stir in half the coconut milk. Boil. Cover, lower heat and cook till chicken is tender.
5. Add mushrooms. Cook for 3-4 minutes.
6. Add remaining coconut milk and all seasonings. Keep some basil leaves aside for garnishing. Boil, simmer for a 3-4 minutes. Remove lemon grass and lemon leaves. Check salt and adjust to taste. Serve hot garnished with basil leaves.

Note: Although lemon grass is optional, it imparts a very aromatic touch to the dish.

Green Thai Curry

Serves 5-6

400 gms chicken - boneless or with bones, cut into bite size pieces
4 small aubergines (brinjals) - peeled & cut into thin slices, optional or a few baby corns - cut into halves
3 tbsp oil
2½ cups coconut milk
2 tbsp fish sauce
2-3 lemon leaves
1 tsp sugar or gur, 1 tsp salt
½ tsp dried basil
2 tbsp chopped basil or coriander leaves
2-3 green or red chillies - slit long for garnishing

GREEN CURRY PASTE
10-12 green chillies
½ onion - chopped
1 tbsp chopped garlic, ½" piece ginger - chopped
1 stick lemon grass - cut into pieces (see note below)
2-3 lemon leaves or ½ tsp lemon rind
4 tbsp coriander leaves
½ tsp salt, 1 tbsp white vinegar
15 peppercorns (saboot kali mirch)
1 tbsp coriander seeds (saboot dhania), 1 tbsp cumin seeds (jeera)

1. For the green curry paste, dry roast coriander and cumin seeds for 2 minutes on a tawa till fragrant but not brown. Put all other ingredients of the curry paste and the roasted seeds in a grinder and grind to a fine paste, using a little water.
2. Heat oil in a pan. Add green curry paste. Fry for 2-3 minutes.
3. Add chicken and again fry for 2-3 minutes.
4. Add 1 cup coconut milk. Simmer on low heat for 10 minutes, till chicken is done.
5. Add salt, sugar, basil, fish sauce, lemon leaves, brinjals and the rest of coconut milk. Boil. Cover & cook on low heat till the vegetable & chicken are well cooked.
6. Garnish with sliced red or green chillies (long thin slices) and basil leaves.
7. Serve hot with boiled/steamed rice.

Note: Discard 1" from the bottom of the lemon grass. Peel a few outer leaves. Chop into ½" pieces uptil the stem. Discard the upper grass like portion or it can be tied into a knot and used to flavour soups or curries and later discarded from the food.

Chicken Maryland

Crisp fried chicken - quick and simple to prepare.

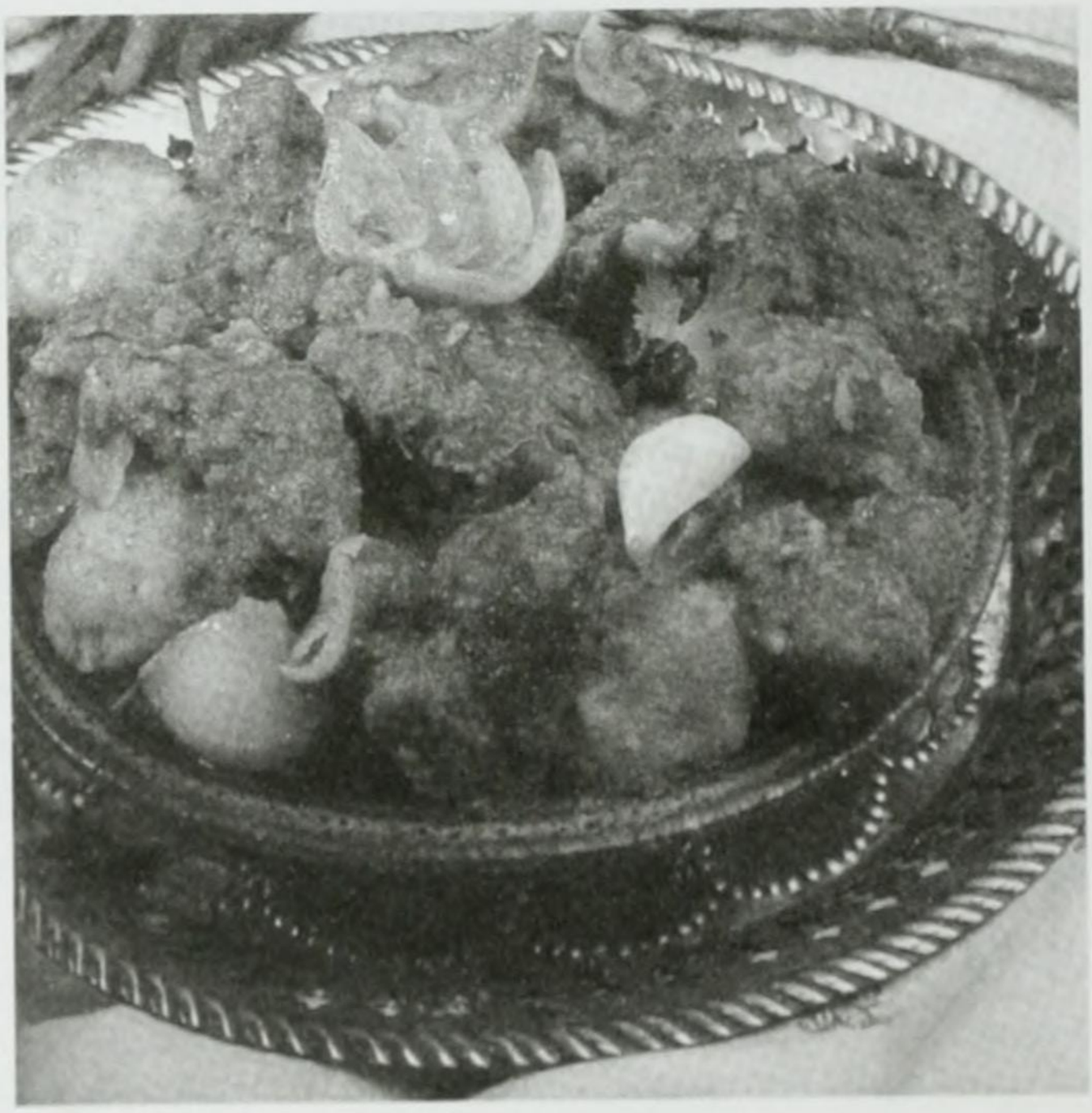
Serves 4

1 medium chicken (700-800 gm) - cut into 8 pieces
2 tsp lemon juice
salt & pepper to taste
3 tbsp maida (plain flour)
1 tsp each of salt & pepper
½ tsp mustard powder
½ tsp red chilli powder
1 egg white
1 tbsp finely chopped green coriander
½ cup dried bread crumbs

1. Wash the chicken pieces. Sprinkle salt, pepper and lemon juice. Pressure cook with ½ cup water to give 1 whistle. Remove from fire. If chicken is not tender, simmer for 2 minutes and drain. Pat dry chicken on a clean kitchen towel.
2. Add pepper, salt, red chilli powder and mustard powder to the maida.
3. Beat egg white with 1 tbsp water. Add chopped coriander, a pinch of salt and pepper.
4. Press the chicken pieces into the maida well to coat.
5. Dip in beaten egg white and then roll in bread crumbs.
6. Heat oil in kadhai and deep fry the chicken on medium heat till golden brown. Drain on paper. Serve hot.

MUTTON

Indian



Shami Kebabs : Recipe on page 51 ➢
Kashmiri Kofta Curry : Recipe on page 95 ➢

Rajasthani Laal Maans

Rajasthani's favourite lamb preparation is only for those who enjoy hot and spicy food. The Rajasthanis make a bed of Phulkas, pour on the Laal Mass, crumble a papad on top and eat when the Phulka has soaked as much of the gravy as possible.

Picture on cover *Serves 6-8*

1 kg lamb, preferably leg portion - cut into 1½" pieces
20 whole red chillies - remove stem, deseed and grind to a paste with a little water
¼ cup garlic flakes (2 whole pods) - chopped
3 onions - sliced
5 moti illaichi (black cardamoms)
5 chhoti illaichi (green cardamoms)
8 tbsp oil or ghee
¼ cup green coriander - chopped, for garnish

MIX TOGETHER
1 cup yogurt
1 tsp jeera (cumin seeds) - roasted on a tawa till light golden
4 tsp dhania powder (coriander powder)
½ tsp haldi (turmeric)
2 tsp salt, or to taste

1. Beat yogurt in a bowl, add roasted jeera, dhania powder, haldi and salt. Add the red chilli paste. Mix and keep aside for 10 minutes.
2. Heat oil or ghee in a pressure cooker, add garlic and saute over medium heat until golden brown.
3. Add onions and the black and green cardamoms, saute until onions are brown.
4. Then add the meat, bhuno for 4-5 minutes till all the water has been absorbed and the oil separates.
5. Add the yogurt mixture and bhuno until the liquid has evaporated. Stir till oil separates.
6. Now add about 4 cups water. Pressure cook to give 2 whistles and then keep on low heat for 15 minutes or until meat is tender.
7. Check salt and chilli powder. Remove to a bowl, garnish with the chopped coriander and serve.

Dahi Gosht

Dry lamb cooked in yoghurt.

Serves 4

½ kg lamb
1 cup thick curd - beaten till smooth
2 tsp ginger-garlic paste
8 to 10 dry, red chillies
salt to taste
1 cup water
4 tbsp oil
½ cup green coriander

1. Wash the meat pieces. Deseed dry, red chillies and break into 2" pieces.
2. Rub the meat with dahi, ginger-garlic paste, deseeded red chillies and salt. Keep the marinated meat aside for 2 to 3 hours in the refrigerator.
3. Heat 4 tbsp oil in pressure cooker, pick up only the mutton pieces from the marinade and add to the hot oil, leaving the marinade behind.
4. Bhuno mutton, stirring continuously, until dry and oil separates.
5. Add the marinade. Bhuno mutton again, until dry and oil separates.
6. Add 1 cup water and pressure cook to give 2 whistles, reduce flame and simmer for 15 minutes. Remove from fire. Check for tenderness.
7. Dry the excess water till the masala coats the meat. Add green coriander. Mix well and serve hot.

Mutton Do Piyaza

Serves 2-3

250 gms mutton
4 tbsp oil/ghee
3-4 laung (cloves), 1 moti illaichi (black cardamom)
1" dalchini (cinnamon), 1 tej patta (bay leaf)
1 medium onion - sliced
1 tsp garlic paste
1 tsp ginger paste
½ cup curd mixed with ½ cup water - well beaten
¾ tsp sauf (fennel powder)
¼ tsp sonth (dry ginger powder)
½ tsp dhania powder
¾ tsp salt
¼ tsp haldi
1 tsp red chilli powder (degi mirch)

1. In a cooker heat oil. Add laung, moti illaichi, dalchini & tej patta. Fry for 1 minute.
2. Add sliced onion. Stir fry till onions turn brown.
3. Add mutton. Add ginger and garlic paste. Fry till mutton is brownish in colour.
4. Add all other masalas - saunf, sonth, dhania powder, salt, haldi and red chilli powder. Fry for 1 minute.
5. Reduce heat. Add well beaten curd. Keep stirring till it boils.
6. Close the cooker and pressure cook to give 3-4 whistles. Keep on low heat for 10 minutes. (The mutton should get properly cooked). Serve hot.

Saag Meat

Serves 4-5

750 gm mutton (lamb)
1 kg spinach - shredded finely
6-8 tbsp oil
4 chhoti illaichi (green cardamoms) - powdered
2 onions - chopped finely
1½ tbsp ginger-garlic paste
½ cup thick curd
1 tsp salt, or to taste
1 tsp red chilli powder
½ tsp garam masala

1. Chop the spinach leaves, discarding stems. Wash in several changes of water. Strain and keep aside.
2. Heat oil in a pressure cooker. Add chhoti illaichi. Wait for a few seconds.
3. Add ginger, garlic pastes and stir for 1 minute. Add onions and cook till onions turn light brown.
4. Add mutton and bhuno for 10-12 minutes till the mutton turns golden brown and all the water evaporates.
5. Add salt and red chilli powder. Add curd and stir.
6. Add the spinach and stir for 1-2 minutes. Close the lid and pressure cook to give 2-3 whistles. Reduce heat and keep on low heat for 10 minutes. Remove from heat.
7. Let the pressure drop by itself. Open the lid and bhuno again till all the moisture evaporates and the saag coats the mutton well.
8. Add garam masala and serve hot garnished with 1 tbsp of cream and ginger match sticks.

Keema Matar

A popular old timer, preparation of lamb mince with peas.

Serves 4

500 gms keema (lamb)
250 gms shelled & boiled peas or frozen peas
6 tbsp oil
1 stick dalchini (cinnamon)
2 moti illaichi (black cardamom)
1 tej patta (bay leaf)
4 to 5 saboot kali mirch (pepper corns)
4 onions - chopped finely
2 tsp ginger paste, 2 tsp garlic paste
3 tomatoes - finely chopped
2 tsp dhania (coriander) powder
½ tsp red chilli powder, salt to taste
1 tsp garam masala
3 green chillies - slit
coriander leaves to garnish

1. Heat oil in a pressure cooker. Add dalchini, moti illaichi, tej patta and saboot kali mirch. Fry for a minute.
2. Add the onions. Fry till golden brown.
3. Add the ginger and garlic paste and fry for 2-3 minutes.
4. Add the tomatoes and dhania powder. Cook till tomatoes turn soft and oil separates.
5. Add keema. Bhuno on low heat until browned and water evaporates. Add chilli powder and salt. Add 2 cups water.
6. Pressure cook to give 2 whistles. Simmer on low heat for 2 minutes. Remove from fire and let the pressure drop.
7. Add the boiled peas and garam masala. Simmer for 5 minutes.
8. Garnish with coriander leaves and green chillies. Serve hot with boiled rice or paranthas.

Kashmiri Kofta Curry

These are long mutton koftas in a thin red gravy flavoured with fennel and dry ginger. It is important to use degi mirch for this recipe. Serve it with rice.

Gives 12 koftas Picture on page 89

Serves 3-4

KOFTA

250 gm (chicken or mutton mince)
1 tbsp oil
½ tsp degi laal mirch (Kashmiri red chilli powder), ½ tsp salt, ¼ tsp hing
½ tsp sonth (dry ginger powder), ½ tsp saunf (fennel powder)
1 moti illaichi (cardamom) - coarsely powdered
¼ tsp of soda-bi-carb

GRAVY

4 tbsp oil
1 moti illaichi (black cardamom) - coarsely crushed
1" dalchini (cinnamon) - coarsely crushed, 2-3 laung (cloves)
1 tejpatta (bay leaf)
¾ tsp degi laal mirch (Kashmiri red chilli powder)
¾ tsp saunf (fennel) - powdered, ½ tsp sonth (dry ginger powder), salt to taste

1. Churn mince in the mixer so as to obtain a very fine mince.
2. Mix all the ingredients under koftas to the mince. Mix well. Shape into long sausage like 12 koftas. Keep them quite long and thin since they shrink and swell up on cooking. Keep aside.
3. To prepare the gravy, heat oil. Reduce heat. Add laung, tej patta, moti illaichi and dalchini. Fry for 1-2 minutes.
4. Add red chilli powder. Add 2½ cups water (Take care that the chilli powder does not burn and turn black).
5. Add saunf, sonth and salt.
6. Give one boil. Add koftas one by one. Do not stir. Lower heat. Cover and let them cook for about 30 minutes or till koftas are soft and little gravy remains and oil floats on top. Stir once or twice inbetween.
7. Serve hot garnished with little garam masala and illaichi powder.

Note: Soda bi-carb if used gives softer koftas.

Rogan Josh

The very popular mutton curry.

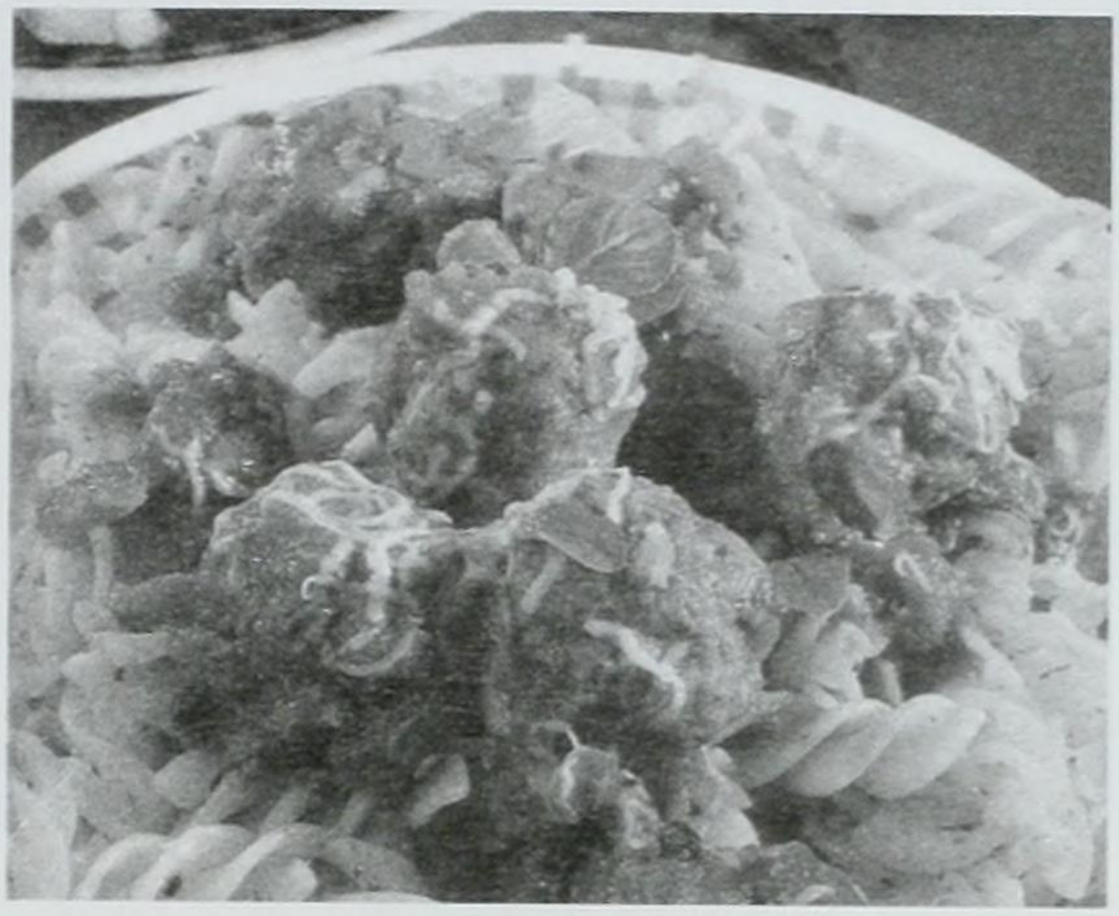
Serves 2-3

Picture on page 99

250 gms mutton
4 tbsp ghee/oil
2 laung (cloves)
½" dalchini (cinnamon)
1 moti illaichi (black cardamom)
1 tej patta (bay leaf)
¼ tsp hing dissolved in 1 tsp water
¾ tsp saunf (fennel) - powdered
¼ tsp sonth (dry ginger powder)
½ tsp ginger paste
1 tsp red chilli powder (degi mirch)
¾ tsp salt, or to taste, ¼ tsp pepper powder
8 tbsp curd (optional) - beat well till smooth
4 chhoti illaichi (green cardamoms) - powdered
a little kesar (saffron) - dissolved in warm water

1. Heat ghee/oil in a cooker. Add laung, dalchini, moti illaichi and tej pafta. Fry for 1 minute.
2. Add mutton and hing water. Fry for 4-5 minutes till well fried. The mutton should become brownish in colour.
3. Add saunf, sonth, ginger paste, red chilli powder, salt and pepper. Fry for 3-4 minutes.
4. Reduce heat. Add powdered illaichi and curd. Keep stirring till it boils.
5. Add ½ cup water. Close the cooker and give 2 whistles. Keep on low heat for 10 minutes. (Mutton should become tender)
6. Open the cooker after the pressure drops. Add saffron. Simmer for 2-3 minutes and serve.

Note: Some people do not like to add curd as the curd beats the colour. Then add 1 cup water and omit curd.
Some people add a little water in which ratanjot has been dissolved (to give a fiery red colour).
Amount of gravy is an individual choice. Some people keep little gravy where as others fry it to such an extent that only oil remains. Number of whistles will depend upon the quality of mutton.



MUTTON

Continental, Thai & Chinese

Shepherd's Pie

Minced lamb baked with vegetables and topped with mashed potatoes.

Serves 6

500 gm minced lamb (keema)
4-5 tbsp oil
4-6 flakes garlic - chopped finely
2 onions - chopped finely
1 large carrot - diced
¾ cup shelled peas
1 tsp Worcestershire sauce
2 tbsp tomato puree, 1 tbsp tomato sauce
a few drops Tabasco sauce or ½ tsp red chilli flakes or powder
1½ tsp salt, or to taste

TOPPING
5 large potatoes - boiled, grated and mashed till smooth
4-5 tbsp hot milk, approx.
2-3 tbsp butter
salt & black pepper to taste

1. Heat butter in a pressure cooker. Add the onions and brown slightly. Add the garlic, stir and add the mince. Cook until mince is light brown and the water evaporates, leaving the mince dry.
2. Add the tomato puree, tomato sauce, Worcestershire sauce, salt and chilli flakes or Tabasco sauce. Stir for a few seconds.
3. Add the chopped carrot and peas and stir for a minute.
4. Add 3/4 cup water and pressure cook to give 1 whistle, lower heat and cook for 3-4 minutes more. Remove from fire.
5. Drop the pressure by putting the cooker under running water. Remove the lid and return to fire and cook till the excess water evaporates. Check the seasoning and adjust according to taste. Add chopped green chillies if you like.
6. Spread the mince mixture in a baking dish.
7. For the topping, mash the boiled potatoes. Add milk and butter and beat well till soft and smooth. Add enough milk to get a soft consistency. Add salt and pepper to taste.
8. Cover the mince mixture with the potatoes, ripple or score the potato mixture with a fork in a decorative design, by making lines on the potato topping.
9. Preheat oven to 200°C. Bake for 20-30 minutes till the potato topping is golden. Serve hot.

Rogan Josh : Recipe on page 96 ➢

Lasagne with Minced Meat

An Italian favourite!

Serves 8

½ kg minced mutton (keema)
1 tsp salt, ½ tsp pepper
2 cups ready made tomato puree
8 lasagne sheets, ready made
4 tbsp oil
1 cup grated cheese, preferably mozzarella

SAUCE
2¼ cups milk
3 tbsp butter - softened, 4 tbsp flour (maida)
½ cup grated cheese
½ tsp salt, ¼ tsp freshly ground pepper

1. Cook the mince in 4 tbsp oil in a pressure cooker for 5 minutes and add salt and pepper.
2. Add tomato puree and ½ cup of water. Pressure cook for 10 minutes till mince is tender and the gravy turns thick.
3. In a shallow pan or a kadhai boil water with some salt, slip one sheet at a time to prevent them from sticking together. When one is half done, slip the second one. Do not boil too many sheets at a time.
4. Simmer gently for about 5 minutes or until they are tender.
5. Remove, run cold water over them. Keep them separately covered with a damp cloth.
6. To make the sauce melt butter, add the flour and stir for 1 minute on low heat. Add the milk, stirring continuously. Stir until the sauce comes to a boil. Remove from fire.
7. Add the grated cheese and season with salt and pepper.
8. To assemble the lasagne, grease a rectangle or square baking dish with some butter or oil. Spread 2-3 tbsp sauce at the bottom of the dish. Put a layer of cooked lasagne sheet in the dish.
9. Spread 2 heaped tbsp of mince mixture on the lasagne sheet.
10. Pour just a little sauce (about 2 tbsp) over the mince. Sprinkle some cheese.
11. Continue the layers in this way until all the mixture is used, ending with a thick layer of sauce.
12. Sprinkle ½ cup grated cheese evenly over the surface.
13. Cover loosely with aluminium foil and bake in a hot oven at 180°C/350°F/Gas mark 6 for 25 minutes. Uncover and bake for another 10 minutes. Serve hot.

Sliced Lamb & Peanuts in Red Thai curry

Serves 4-5

400 gm boneless mutton - cut into thin, long strips
4 tbsp oil
7 tbsp red curry paste - recipe given below
2 cups coconut milk
½ cup roasted peanuts
1-2 tbsp fish sauce
1½ tsp salt, or to taste
1½ tsp sugar/gur
4-5 lemon leaves, 2 stalks lemon grass - tie into a knot (optional)
2-3 fresh green or red chillies - sliced lengthwise
15-20 basil leaves - chopped

RED CURRY PASTE

4 Kashmiri dry, red chillies - soaked in ½ cup warm water for 10 minutes
½ onion - chopped, 8-10 flakes garlic - peeled
1½" piece ginger - sliced
1 stalk lemon grass (use only the lower part) or rind of 1 lemon
1½ tsp coriander seeds (dhania saboot), 1 tsp cumin (jeera)
6 peppercorns (saboot kali mirch)
1 tsp salt, 1 tbsp vinegar, ¼ tsp haldi

1. Grind all the ingredients of the red curry paste along with the water in which the chillies were soaked, to a very fine paste.
2. Heat oil in a pressure cooker. Add 7 tbsp of the prepared red curry paste and stir fry for 3-4 minutes till it gets aromatic and leaves oil.
3. Add mutton, lemon leaves and lemon grass. Fry for 5-7 minutes.
4. Stir in half the coconut milk. Pressure cook till mutton is tender.
5. Add peanuts. Cook for 3-4 minutes.
6. Add remaining coconut milk and all seasonings. Keep some basil leaves aside for garnishing. Boil, simmer for a 3-4 minutes. Remove lemon grass and lemon leaves. Check salt and adjust to taste. Serve hot garnished with basil leaves.

Note: Although lemon grass is optional, it imparts a very aromatic touch to the dish.

Braised Lamb in 5 Spice Powder

Serves 4

½ kg boneless lamb - cut into 1" square pieces
1 cup water
4 tbsp soya sauce
2 tbsp sherry
1 tbsp sliced or shredded ginger
1 tbsp honey
1 tbsp oil
1 tbsp 5 spice powder (recipe given below)

5 SPICE POWDER
(Grind together to a fine powder in equal quantities and store the excess
peppercorns
cinnamon
cloves
fennel
star anise

1. In a cooker, mix water, soya sauce, sherry and ginger.
2. Bring to a boil and add the meat pieces. Cover and pressure cook over low heat till the meat is tender.
3. Add honey and oil. Further cook over low heat for 15-20 minutes.
4. Add 1 tbsp five spice powder.
5. Garnish with sliced spring onions.
6. Serve hot with noodles or steamed rice.

FISH & SEA FOOD

Indian

Fish and sea food are delicious as well as low in fat and cholesterol!

Grilled Fish Fillets in Curry Sauce

Picture on cover

Serves 4-5

450 gm thick fish fillet
5 tbsp dried bread crumbs
5 tbsp butter
1 onion - very finely chopped
2 tbsp finely chopped coriander
1½ tbsp plain flour (maida)
½ tbsp fresh lemon juice
½ tsp pepper
2 tbsp curry powder (MDH)

MIX TOGETHER
250 ml (1¼ cups) milk
½ tsp salt
¼ tsp freshly ground black pepper
½ tsp red chilli powder

1. Preheat oven to 200°C.
2. Rub the fish with juice of ½ lemon, ½ tsp salt and a pinch of haldi. Keep aside for 15 minutes.
3. Wash the fish well. Pat dry the fish on a clean kitchen towel.
4. Place the fish in a dish. Mix together - milk, salt, pepper and chilli powder in a bowl and pour over the fish in the dish. Leave to stand for 15 minutes.
5. Scatter bread crumbs on a plate. Remove the fish, (reserve the milk) and press it on to breadcrumbs scattered in the plate, turning sides so they stick on both sides. Place the fish in a shallow baking tray lined with foil or a greased wire rack. Dot with 1 tbsp butter nicely and bake for 15 minutes in the oven.
6. Meanwhile, for the sauce, melt the remaining butter (4 tbsp) in a small, heavy pan. Reduce heat. Add onion and stir till golden. Add curry powder and coriander and stir for a few seconds.
7. Add the flour and stir for 2 minutes on low heat. Remove the pan from the heat and stirring continously, add the milk remaining from the fish. Return the pan to the heat and stir until the sauce comes to the boil. Boil for 1 minute, stirring continuously. Add salt, pepper and lemon juice to taste. Stir to mix. Remove from fire.
8. Place the grilled fish on a serving plate, pour over the sauce and serve. Any extra sauce can be served separately.

Bengali Fish Curry

Spicy fish curry relished with rice.

Serves 4-6

500 gm fish - cut into 2" pieces
2 onions - ground to paste
1 tomato - chopped finely
3/4 cup mustard oil for frying & cooking

GRIND TO A FINE PASTE
8-10 flakes garlic
2" piece ginger
2 tbsp peanuts
1 tsp rai (mustard seeds)
2-3 whole, dry, red chillies

SABOOT (WHOLE) GARAM MASALA
1 tej patta, 1 moti illaichi, 3 laung, 2" stick dalchini

MARINADE
½ tsp haldi, juice 1 lemon, salt to taste

1. Wash the fish and pat dry on a clean kitchen towel. Rub the fish with haldi, salt and lemon juice. Keep aside to marinate for ½ hour.
2. Heat ¾ cup oil in a frying pan and lightly fry the fish on medium heat and remove from oil.
3. In the same oil, add the saboot garam masalas. Stir for a few seconds.
4. Add the onion, cook till onions turn golden brown.
5. Add tomato and cook till tomato turns soft.
6. Add the freshly ground paste to the masala.
7. Add ¼ tsp haldi powder and cook on low flame till the oil separates and the masala turns into a rich golden colour.
8. Add 2-3 cups of water, enough to get a gravy. Bring to a boil. Add salt to taste.
9. Add the fish, lower the flame and cover and cook for 1 minute.
10. Sprinkle garam masala and green coriander.
11. Serve hot with plain boiled rice.

Butter Prawn Curry

Picture on page 1

Serves 4-6

12 medium prawns - washed and deveined
5 tbsp butter
1 tsp garlic - finely chopped
½ tsp salt
½ tsp pepper

CURRY
2 onions - ground to a paste
1 tbsp ginger-garlic paste
4 tbsp tomato puree
½ cup thin cream
½ tsp red chilli powder, ½ tsp garam masala
1 tsp dhania powder
salt to taste
1 capsicum - cut into thin shreds

1. Melt butter in a kadhai. Add garlic, pepper and salt. Add the prawns and cook on low heat for 3-4 minutes till they change colour and get cooked. Remove from kadhai and keep aside.
2. In the remaining butter add onion paste. Stir fry till golden. Add ginger garlic paste.
3. Add red chilli powder, garam masala and dhania powder. Stir for a few seconds.
4. Add tomato puree. Stir for 2 minutes.
5. Add capsicum. Add 1 cup water and bring to a boil. Simmer for 2-3 minutes to get a thick curry.
6. Reduce heat. Add prawns and cream. Stir till it is just about to boil. Remove from fire and serve immediately.

Note: Do not cook the prawns on high heat or for too long. They become tough!

Haldi = Tumeric
Mirch = chillies
Illachi/elachi = cardamom
Rai = Black mustard seeds
Jeera = Cumin
Dhania = Coriander seeds

Tomato Fish

Serves 3-4

500 gm fish - cut into 2" pieces
3 medium onions - chopped finely (1½ cups), 1 green capsicum - chopped finely
3 tbsp oil
¾ cup tomato puree, 1 tsp chilli sauce, 1 tbsp vinegar
½ tsp sugar, ¾ tsp salt, or to taste, 2 tsp cornflour

1. Heat oil in a pan. Add onions. Stir fry till transparent. Add green pepper. Saute for a few seconds. Add tomato puree, chilli sauce, salt, sugar and vinegar. Mix.
2. Add fish in a single layer over the masala, without overlapping. Cook uncovered for 6-7 minutes on low heat. (Overturn the pieces of fish after 3-4 minutes). Cook till fish is properly cooked.
3. Remove the fish pieces with a slotted spoon on to a serving dish.
4. To the gravy in the pan, add cornflour dissolved in ¾ cup of water. Give one boil. Simmer for 2-3 minutes. Pour over the fish. Serve tomato fish with rice.

Baked Fish Dum

A delicious baked fish which is very simple to prepare.

Serves 3-4

400 gms fish - cut into 2 pieces
1 onion - cut into rounds and separated into rings
1 tomato - cut into slices
1¼ tsp salt, ½ tsp haldi, 1½ tsp red chilli powder (degi mirch)
5 tbsp oil

GRIND TOGETHER TO A PASTE
1" piece ginger, 4 large flakes garlic, 2 moti illaichi (black cardamoms)
4 laung (cloves), 1 tsp rai, 1½ tsp jeera
15 saboot kali mirch, 1½ tsp dhania saboot

1. Mix together oil, salt, haldi, red chilli powder and freshly ground paste. Coat this masala well over the fish.
2. In a greased baking dish put a layer of onion rings, on top put tomatoes and place fish on top of that. Keep fish marinated like this for 1-2 hours.
3. Bake in a preheated oven at moderate heat for 35-40 minutes or till all the liquid dries up and the fish is crisp and well cooked.

FISH & SEA FOOD

Continental, Thai & Chinese

Crispy Fried Fish

Serves 2

1 whole pomphret - cleaned
1 tsp salt
3 tbsp rice wine
pinch ajinomoto
2 tbsp cornflour

SAUCE
4 tbsp oil
1½ tsp finely chopped ginger
1½ tbsp finely chopped spring onions
1½ tsp sugar
2 tbsp vinegar
¼ tsp pepper
salt to taste
3 tbsp tomato ketchup

1. Make slanting slashes all down both sides of fish about ¾" apart. Repeat in opposite direction. Mix salt, rice wine, ajinomoto and cornflour in a shallow dish large enough to contain the fish. Roll fish in this mixture turning the sides. Leave to stand for 15 minutes.
2. Heat about ½ cup oil over high heat in a non stick pan. Add fish and fry over moderate heat. Remove and place in a dish.
3. To prepare the sauce, heat 4 tbsp oil (strain the remaining oil) and stir fry finely chopped spring onions and ginger for 5 seconds.
4. Add sugar, vinegar, salt, pepper and ketchup and cook to reduce and thicken. Pour the sauce over the cooked fish. Serve.

Fish & Pineapple Bake

Fish and lightly buttered pineapple baked in a delicious light sauce made of fish stock.

Serves 4-5

300-350 gm sole fish or any fish of your choice
4-5 slices of pineapple (fresh or tinned) - cut into small pieces

FISH STOCK
1½ cups water, ½ tbsp vinegar
4-6 peppercorns, 1 bay leaf (tej patta), 1 onion stuck with 2-3 cloves (laung)
½ carrot - chopped, ¼ tsp salt

SAUCE
1½ cups fish stock (obtained after boiling fish), 1 cup milk
2½ tbsp butter, 2½ tbsp flour (maida), salt & freshly ground pepper to taste

CRUST
4 slices fresh white bread, 1 tbsp butter

1. Wash the fish well. Place the fish in a pan and add 1½ cups water and all the other ingredients under fish stock. Bring the fish to a boil, lower heat and cook covered on low heat for 1-2 minutes. Remove from heat. Keep aside for a few minutes to infuse flavour. Remove the fish pieces carefully and strain the stock. Keep the clear stock aside for preparing the sauce and discard the residue.
2. To prepare the sauce, mix the fish stock with milk. Heat butter in a pan and add flour. Stir on low flame till it slightly changes colour. Remove from heat and add the milk and fish stock mixture. Mix well and return to heat. Cook to a slightly thick consistency. Remove from heat and check the seasoning. Add a little salt and ¼ tsp of pepper. Keep aside.
3. Squeeze and cut pineapple into small pieces. Heat ½ tsp butter. Add pineapple to the butter and stir till well coated in butter and slightly dry. Sprinkle little pepper and remove from heat.
4. Break the fish into 1" small pieces, removing bones if any.
5. Arrange the fish and pineapple pieces in an oven proof dish. Pour sauce over it.
6. To get a crusty top, remove the edges from the bread slices and crumble in a mixer to get fresh bread crumbs. Heat 1 tsp butter in a pan add the fresh bread crumbs. Stir for ½ minute till the butter and crumbs mix well.
7. Sprinkle the buttered crumbs over the fish and bake in preheated oven at 200°C for 10-15 minutes till the crust is golden brown.

Steamed Fish with Garlic & Ginger

Serves 6

¾ kg cleaned fish fillet (boneless)
1 tbsp finely chopped fresh ginger
1 tbsp finely chopped garlic
3 tbsp oil
2 spring onions - finely chopped

SAUCE
¼ cup chicken stock
1½ tbsp soya sauce
3 tbsp sesame seed oil/any cooking oil
¼ tsp pepper powder
1½ tbsp rice wine
1 tbsp chilli garlic sauce
¼ tsp ajinomoto
1 tbsp cornflour mixed with ¼ cup water

1. Steam cleaned fish pieces with garlic, ginger and oil for 3-4 minutes.
2. Mix all the ingredients of the sauce, except cornflour in a small saucepan and stir over high heat. Bring to a boil.
3. Add cornflour, stirring continuously till the sauce turns thick.
4. Transfer the cooked fish to a heated serving platter.
5. Pour the sauce all over.
6. Sprinkle finely chopped spring onions.

Coconut Prawn Curry

A delicious, spicy prawn curry with coconut milk.

Serves 4-6

250 gm prawns - shelled with tails intact
2 tbsp oil
¼ tsp red chilli paste or powder
½ tsp haldi (ground turmeric)
2 cups coconut milk
½ tsp sugar
2 tomatoes - each cut into 8 pieces
juice of 1 lemon (2 tbsp)

GARNISH
1-2 green/red chillies - chopped
some green coriander leaves

1. Heat oil. Add chilli paste or powder and haldi.
2. Add 3/4 cup coconut milk. Boil, stirring constantly. Simmer for 5-7 minutes.
3. Add salt and sugar. Add the rest of the coconut milk. Boil for 3-4 minutes.
4. Add prawns and tomatoes. Cook for 4-5 minutes till prawns are cooked and the gravy becomes thick.
5. Add lemon juice. Mix.
6. Garnish with chopped chillies and coriander leaves. Serve hot with rice.

Prawns in Chilli Sauce

Serves 4

10-12 jumbo prawns - cleaned & deveined
1 cup oil
2 tbsp finely chopped spring onions
1 tbsp finely chopped ginger
¼ cup tomato ketchup
1 tbsp rice wine
1 tsp salt
pinch ajinomoto
¼ cup stock or water
1½ tsp cornflour
1 tsp sesame oil
pinch pepper powder
1 tsp soya sauce

HOT CHILLY PASTE
1 tsp chilli powder
2 flakes garlic - crushed
1 tbsp vinegar
1 tsp oil

1. Heat ¾ cup oil in the wok until very hot and fry the prawns until lightly browned. Drain well. Empty the wok.
2. Wipe wok and heat 2 tbsp fresh oil.
3. Stir fry the spring onions, ginger until they release their aroma. Stir in all other ingredients - ketchup, hot chilli paste, rice wine, salt, pepper, ajinomoto, soya sauce, sesame oil and stock.
4. Return prawns to the wok and cook for a few minutes.
5. Mix cornflour with a little cold water and stir into the contents to thicken sauce.
6. Serve with rings of cucumber.

Batter fried Prawns in Lemon Sauce

(Kung Sammrot)

Picture on page 117

Serves 4

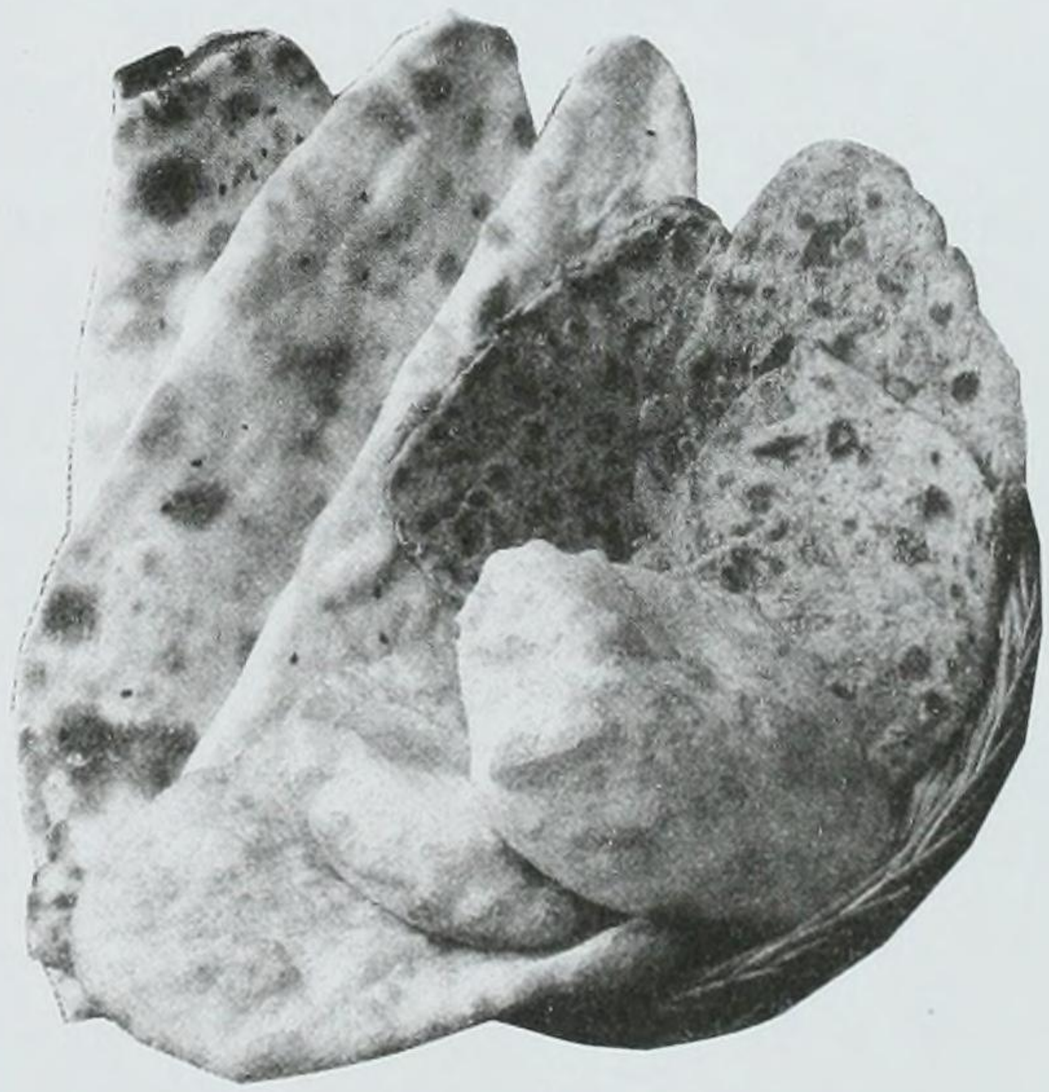
8 large prawns with tails intact (chicken or fish can also be used)
8-10 peppercorns - crushed coarsely
1 spring onion - sliced diagonally alongwith the green part
some fresh chopped coriander leaves

BATTER
2 tbsp maida (plain flour)
1 tbsp cornflour
a pinch of baking powder
1 egg
½ tsp ginger paste, ½ tsp garlic paste
½ tsp salt, ½ tsp pepper, ¼ tsp red chilli powder

SAUCE
6 tbsp honey
7-8 tbsp (4 lemons) fresh lemon juice
1/3 cup water
1 tsp grated ginger, 2 tsp crushed garlic
1½ tsp salt, 3-4 lemon leaves
2 tsp cornflour
a few drops (1-2 drops) of lemon yellow food colouring

1. Mix all ingredients given under batter. Add 3-4 tbsp water to get a thin batter of coating consistency. Keep aside.
2. Heat oil in a frying pan. Dip prawns, holding the tails, in batter. Do not let the batter coat the tail portion. Drop the prawns in hot oil. Fry on medium heat till golden brown. Remove from oil and keep aside.
3. To prepare the sauce, mix all ingredients.
4. Boil the sauce. Simmer for about 5 minutes till the sauce turns slightly thick and starts to coat the spoon. Remove from fire. Add 1-2 tbsp sugar if too sour. Mix. Add spring onions and coriander leaves. Keep sauce aside.
5. Arrange fried prawns in a serving dish.
6. Heat sauce and pour on top of the prawns. Serve hot sprinkled with crushed peppercorns.

RICE & ROTI



Keema Parantha

Serves 8

250 gm keema (minced meat)
1 onion - chopped finely
2 tsp finely chopped ginger
1 tsp salt, 1 tsp dhania powder, ½ tsp red chilli powder, ½ tsp garam masala
2 green chillies - chopped, 1 tbsp finely chopped fresh coriander
1 tbsp kasoori methi (dry fenugreek leaves)

DOUGH
2 cups atta (wheat flour)
½ tsp salt, 1 tbsp ghee

1. To prepare the dough, sift flour and salt. Rub 1 tbsp ghee. Add enough water to make a dough. Keep aside for 30 minutes.
2. To prepare the filling, heat 2 tbsp of oil and fry the chopped onions until rich brown.
3. Add mince and ginger and mix well. Reduce heat. Add salt, dhania powder, red chilli powder and garam masala. Fry for 1-2 minutes. Cook covered on low heat for about 5 minutes, till the mince is cooked.
4. Add green chillies and 1 tbsp finely chopped coriander. If there is any water, uncover and dry the mince on fire. Keep the stuffing aside.
5. For tandoori parantha, (see note) divide the dough into 6 equal parts. Shape into round balls. Flatten each ball, roll out each into a round of 5" diameter. Spread 1 tsp full of ghee. Then spread 1-2 tbsp of filling all over.
6. Make a slit, starting from the centre till any one end. Start rolling from the slit, to form an even cone. Keeping the cone upright, press slightly.
7. Roll out, applying pressure only at the centre. Do not roll or press too much on the sides, otherwise the layers of parantha do not separate after cooking.
8. Sprinkle some kasoori methi and press with a rolling pin (belan).
9. Apply water on the back side of the parantha and stick carefully in a heated tandoor or place in a preheated oven in a greased tray.
10. Remove after a few minutes. Spread some ghee, serve hot.

Note: You can stuff the filling in an ordinary parantha and fry it on the tawa like any other bharwaan parantha.

Chicken Satay with Peanut Sauce : Recipe on page 21 ➢
Batter Fried Prawns in Lemon Sauce : Recipe on page 114 ➢

Poodina Parantha

Serves 4

KNEAD TOGETHER TO A DOUGH
2 cups atta (whole wheat flour)
2 tbsp poodina (mint leaves) - freshly chopped or dry
1 tsp ajwain (carom seeds)
2 tbsp ghee
½ tsp salt
½ tsp red chilli powder

TOPPING
2 tbsp dry poodina
1 tsp ajwain
ghee or melted butter - enough to spread

1. Mix atta with all ingredients. Add enough water to make a dough of rolling consistency. Cover and keep the dough aside for 30 minutes.
2. Make walnut sized balls. Roll out a little to make a thick chappati.
3. Spread 1 tsp melted butter or ghee all over. Roll to get a long strip of dough.
4. Coil the strip to get a flattened ball. Roll out a little, applying no pressure at all, otherwise the layers do not open.
5. Sprinkle some dry poodina and a little ajwain. Press with the belan (rolling pin).
6. Cook in a tandoor. Apply melted butter and crush slightly and serve. You may fry it on a tawa, frying on both sides with ghee till crisp and well browned.

Chicken Biryani

Serves 6-8 *Picture on cover*

1 chicken - 8 pieces
2 cups rice - washed and strained, let it be in the strainer for 30 minutes (see note)
½ cup oil
1 large onion - sliced
4 tej patta (bay leaves)
a pinch haldi
2 tbsp cashews and 2 tbsp raisins (kishmish) - garnish
a few mint leaves
3 tbsp melted butter

MARINADE (GRIND TOGETHER)
1 small onion - chopped
6-8 flakes garlic
2" piece ginger
1½ cups curd
1 tsp salt, 1 tsp garam masala

WHOLE SPICES
4 laung (cloves), 8 saboot kali mirch (peppercorns)
5 black cardamoms (moti illaichi), 2" piece dalchini (cinnamon)

1. Grind all ingredients of marinade together and marinate chicken in it for ½ hour.
2. Heat oil. Fry cashews and raisins and keep aside for garnish.
3. In the left over oil add sliced onion and fry till golden. Take out 1 tbsp for garnish.
4. Add bay leaves and all whole spices and haldi to the remaining onion. Stir for 30 seconds.
5. Add chicken with the marinade. Stir fry for 15 minutes till the chicken get cooked and the masala turns thick.
6. Add rice. Stir fry gently for 2 minutes.
7. Add 3¾ cups water, mint and 1½ tsp salt. Bring to a boil.
8. Cook over low heat for 15-20 minutes till the rice is done.
9. Add melted butter. Garnish with fried onion and nuts.

Note: If the rice is soaked for too long, the grains tend to break when you stir fry the rice in oil while making any rice preparation. It is better to wash the rice and then let it be in the strainer, so that the moist grains get soft but not too soft so as to break.

Chicken Fried Rice

This Chinese rice is flavoured with soya sauce and so any rice will do. Basmati rice is not really needed as in any case the delicate flavour of basmati will be overpowered by the strong soya sauce.

Serves 4-6

2 cups uncooked rice
2 chicken breasts
4-6 flakes garlic - crushed to a paste (1 tsp)
2 green chillies - chopped
½ cup chopped cabbage
2 carrots - chopped finely
½ tbsp vinegar, optional
2-3 spring onions - chopped upto the greens
1 tsp soya sauce, according to the colour desired
½ tsp ajinomoto (optional)
½ tsp pepper
1 tsp salt, or to taste

1. Boil 6-7 cups of water with 2 tsp salt in a large vessel. Add rice to boiling water. Cook rapidly for 8-10 minutes until the rice just turns soft but not mushy.
2. Strain, let it be in the strainer for a some time to drain well.
3. Spread the rice on a tray and let the steam escape to keep the rice grains separate.
4. Pressure cook the chicken breasts with ¼ cup of water and ¼ tsp of salt to give 2 whistles. Remove from heat and drop the pressure by putting some cold water on the lid of the cooker. Cool, debone and chop the cooked chicken.
5. Heat oil in a non stick wok. Reduce heat. Add the garlic and green chillies.
6. After a few seconds, add the white of spring onions. When onions turn soft, add carrot and cabbage. Stir and add vinegar. Stir fry for 1 minute.
7. Add the chicken. Saute for a minute.
8. Add the rice and greens of spring onions.
9. Add the soya sauce, ajinomoto, salt and pepper, stirring constantly. Stir fry for 2 minutes. Serve hot.

Yakhni Pulao

A delicious flavourful pulao.

Serves 5-6

500 gms mutton, preferably mutton with very little bones
10- 12 tbsp ghee
2 onions - sliced, 3-4 green chillies - chopped, 1 tsp ginger paste
2½ cups basmati rice - washed and soaked for 30 minutes
1 cup curd, 3 tsp salt
10-12 cashewnuts - fried, for garnishing

COARSELY POWDER & TIE SPICES IN A MUSLIN CLOTH TOGETHER
4 tsp saunf, 2-3 star anise
4" dalchini (cinnamon), 2 moti illaichi (black cardamoms), 8 laung (cloves)

GRIND TOGETHER TO A FINE PASTE
1½ tbsp khus-khus - soaked in warm water for ½ hour
1½ tbsp saunf (fennel powder), 1½ tsp jeera, 8-1 0 saboot kali mirch
8 laung (cloves), 2" dalchini (cinnamon)
8-9 chhoti illaichi (green cardamoms) & 2 moti illaichi (black cardamoms)

1. Wash rice and preferably soak for 30 minutes.
2. Put mutton, 1 tsp salt, muslin spice bag and 1 cup water in a pressure cooker. Pressure cook to give 4-5 whistles. Mutton should be tender. (The number of whistles will depend on the quality of mutton).
3. Grind soaked khus khus with seeds of illaichi and all the other ingredients to a fine paste. Keep aside.
4. Heat ghee in a heavy bottomed pan. Add sliced onion. Fry till brown.
5. Add ginger paste and green chillies. Mix well.
6. Add mutton pieces (without the stock). Fry for 5-6 minutes.
7. Measure the mutton stock and add enough water to make it to 4½ cups.
8. Add the freshly made khus khus paste to the mutton. Mix well.
9. Add curd, rice and 3 tsp salt. Add the stock and water (4½ cups) mixed together. Boil.
10. Cover and cook on low heat till rice is well cooked and the water dries up. Separate with a fork and serve hot decorated with fried cashewnuts.

Note: Instead of mutton, chicken or mixed vegetables can also be used.

Thai Pineapple Fried Rice

This dish is very festive to look at. Served in the pineapple shell, it is sure to be a hit. Use a ripe pineapple so that the flesh can be scooped out easily.

Serves 5-6

1 cup long grain rice - boiled (will give about 3 cups when boiled) & spread out in a big tray to cool
1 ripe pineapple
200 gms sausages - fried & cut into small pieces
100 gms prawns (small)
2-3 tbsp butter
1 tsp red chilli paste or red chilli powder
1 onion - chopped
3-4 green chillies - chopped, ½ tsp garlic paste
¼ cup boiled peas
2-3 tbsp raisins, 10-12 roasted cashewnuts
½ cup coconut cream (optional)
2 spring onions - chopped along with green part
2 tbsp fish sauce, 1 tbsp soya sauce
1 tsp salt (adjust to taste), 1 tsp pepper
10-15 mint or basil leaves for garnishing

1. Boil rice with a little salt. Drain and spread out to cool.
2. Cut pineapple in half lengthwise. Keep the leaves on and scoop out flesh so that you get two shells with a thin border of flesh attached. Chop half the flesh into small pieces. (store the other half for future use).
3. Fry sausages, cut into small pieces.
4. Heat butter. Add red chilli paste or powder. Fry for a few seconds.
5. Add garlic, onions, prawns and peas. Cook for 2-3 minutes till prawns are done.
6. To step 5 add all ingredients — spring onions, chillies, sausages, raisins, tomato, rice, cashewnuts and also the chopped pineapple pulp.
7. Mix well and cook till rice is well heated.
8. Spoon into pineapple shells. Garnish with mint/basil leaves and serve.
   Alternately, after mixing rice and other things well (step 7), do not heat rice. Spoon into pineapple shells, cover with aluminum foil and bake.

SWEET DISHES

Rum Crumb Delight

A delicious pudding made with biscuit crumbs. If you do not feel like adding rum, soak the raisins in milk instead.Serve it plain or with ice cream or cream.Use a big cup which holds 250 ml liquid for measuring the ingredients.

Serves 8

2 cups coarsely crushed Marie biscuits (1 big pack plus a few extra)
2 eggs - separated
1/3 cup powdered sugar
¼ cup butter - softened
1 tsp baking powder
1 tsp vanilla essence
½ cup crushed walnuts
¼ cup raisins (kishmish), preferably black raisins - soaked in 3 tbsp rum
2-3 tbsp milk

1. Put biscuits in a polythene and crush with a rolling pin (belan).
2. Beat sugar and butter till creamy.
3. Add the baking powder, essence, nuts, crushed biscuits and raisins along with the rum. Mix well.
4. Add the egg yolks.
5. Beat the whites stiff and add to the batter.
6. Add milk to make the batter softer.
7. Pour into a greased oven proof serving dish and bake for 25-30 minutes at 160°C/325°F/Gas mark 3.
8. Serve plain or with cream or ice cream or with chocolate sauce.

Um Ali

A delicious bread pudding! Made in Arabic house hold during Eid, the literal translation means mother of Ali. About a cup of mixed nuts & raisins is used in the recipe, so in the absence of any one, just make up the total quantity to about a cup. Use a big cup which holds 250 ml liquid for measuring the ingredients.

Serves 8

¼ cup pistachio nuts - chopped
¼ cup almonds - chopped
¼ cup walnuts - chopped
3-4 tbsp raisins (kishmish)
2 ripe bananas - peeled and sliced thinly
¼ cup plus 2 tbsp sugar
2 cups milk
seds of 5 cardamoms (chhoti illaichi) - crushed
2-3 threads saffron (kesar)
4 slices bread - toasted and sides removed
½ cup cream - whipped till thick

1. Keeping aside a few nuts for the top, add the rest of the nuts, raisins, bananas and sugar to the milk.
2. Add saffron and cardamoms also to the milk. Bring to a boil. Boil for 10 minutes.
3. Grease a baking dish with butter. Arrange toasted bread to cover the base of the dish.
4. After the milk has been boiling for 30 minutes, remove from fire. Strain the nuts and bananas from the milk.
5. Arrange the nuts and fruit on the bread in the dish.
6. Cool the milk and add whipped cream to it. Check sugar. Add 1-2 tbsp powdered sugar, if required
7. Pour the milk and whipped cream mixed together over the nuts and bananas.
8. Bake for 20 minutes at 180°C/350°F/Gas mark 4.
9. Top with nuts and serve.

Striped Chocolate Cheese Cake

A beautiful white and chocolate striped cheese cake. Use a big cup which holds 250 ml liquid for measuring the ingredients.

Picture on facing page *Serves 8*

BISCUIT BASE

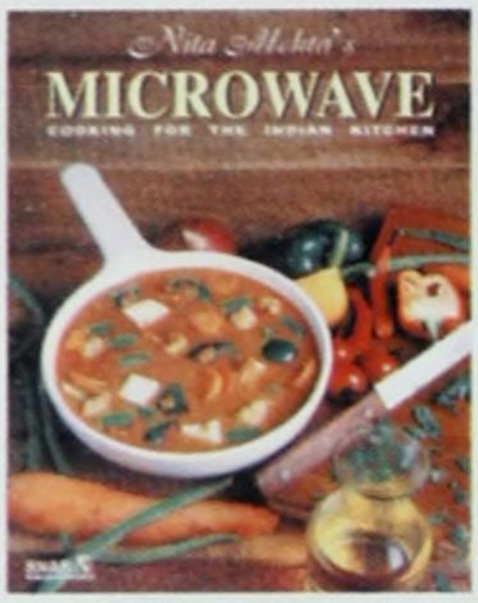
100 gms Marie biscuits (1 small pack) - crushed (1¼ cups)
¼ cup melted butter
3 tbsp milk

CHEESE CAKE

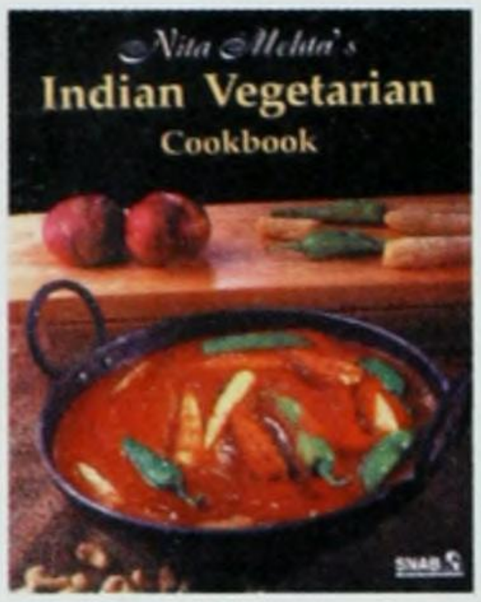
3 cups curd - hang for 2 hours
125 gm butter (½ cup) - softened
1¼ cups powdered sugar
3 tbsp gelatine, 2 tsp lemon juice
1 slab (of 40 gm) chocolate, preferably dark - at room temperature

1. Crush the biscuits with a rolling pin.
2. Mix in the melted butter with finger tips and add 2 tbsp milk.
3. Press into the base of an 8" loose bottomed cake tin.
4. Bake in a preheated oven at 180°C/350°F/Gas mark 4 for 10 minutes.
5. Hang the curd for 2 hours in a muslin cloth.
6. Beat butter till smooth. Add hung curd and sugar. Beat well.
7. Soak the gelatine in ¼ cup water mixed with 2 tsp lemon juice. Heat on a low fire until dissolved.
8. Add gelatine gradually to the curd mixture, stirring well after each addition. Mix well.
9. Divide the mixture into two parts.
10. Break chocolate into small pieces. Add ¼ cup water and keep in a heavy bottomed pan on very low heat, stirring until melted properly. Add half of the melted chocolate to one cheese cake mixture, keeping the other mixture white.
11. Pour the chocolate curd mixture on the biscuit base in the tin. Keep the white mixture aside.
12. Chill chocolate cheese cake for ½ hour in the freezer to firm up.
13. Remove from freezer. Pour the remaining white mixture (whip it if it sets) on top of the chocolate mixture and now chill in the refrigerator. (do not keep in the freezer).
14. After 1 hour, when the top layer of the cheese cake is set, pour the left over melted chocolate over the cheese cake. Serve after 3-4 hours or after it is set.

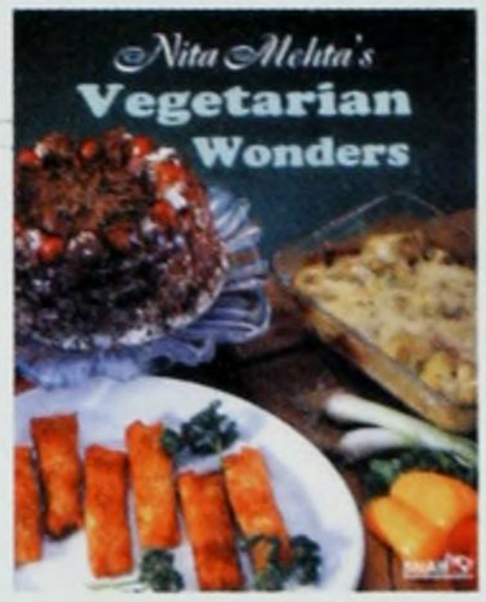
Nita Mehta's BEST SELLERS



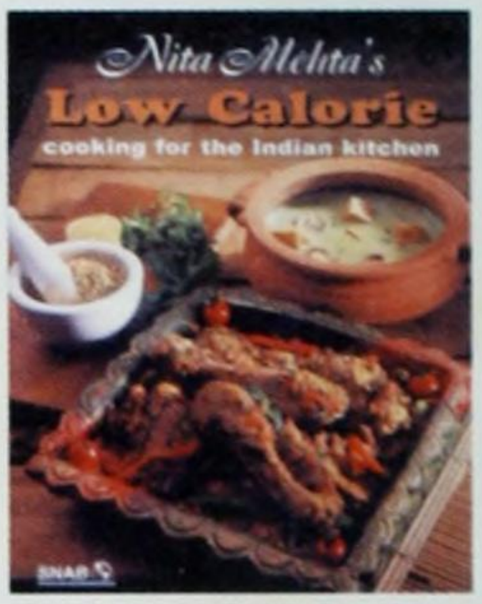
MICROWAVE
cooking for the Indian kitchen



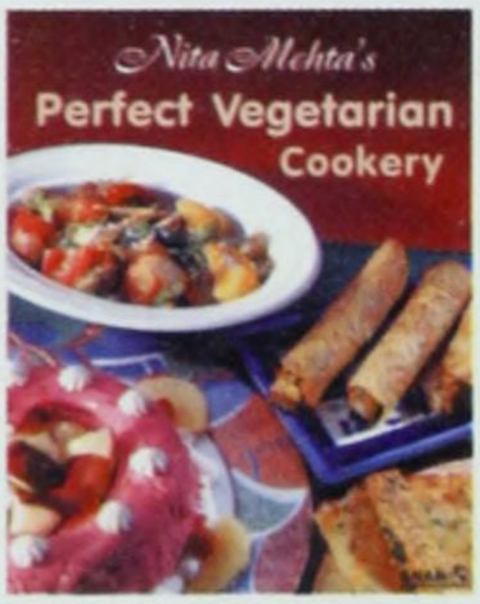
Indian Vegetarian
Cookbook



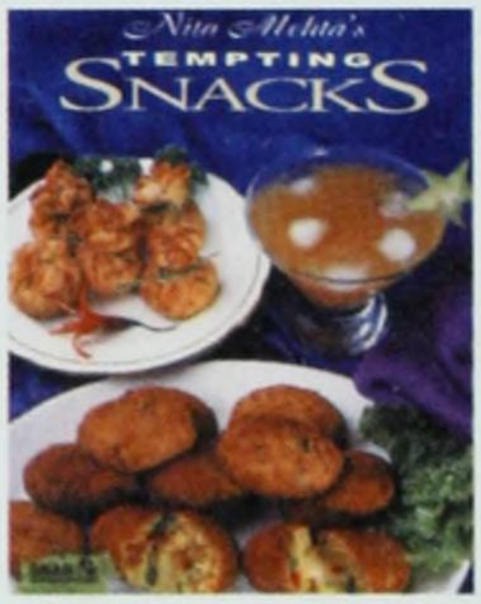
VEGETARIAN
WONDERS



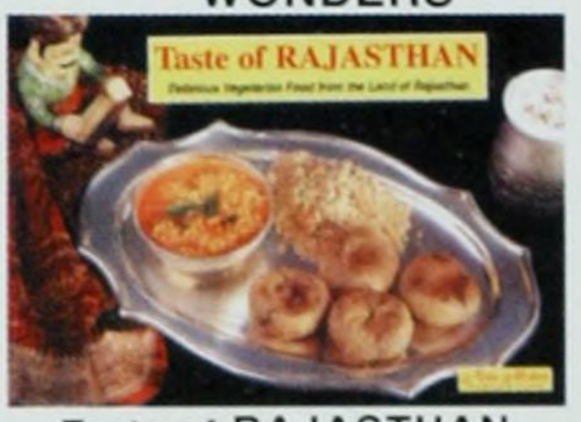
LOW CALORIE
cooking for the Indian kitchen



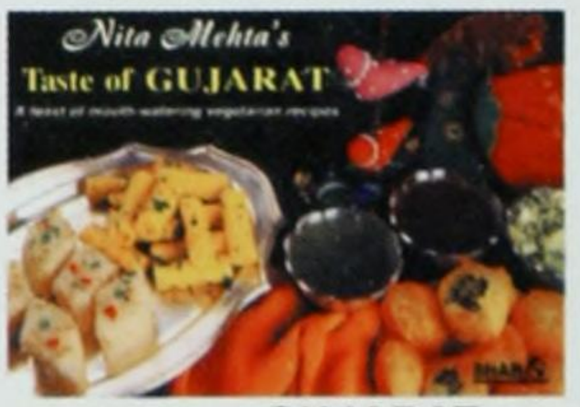
Perfect Vegetarian
Cookery



Tempting SNACKS

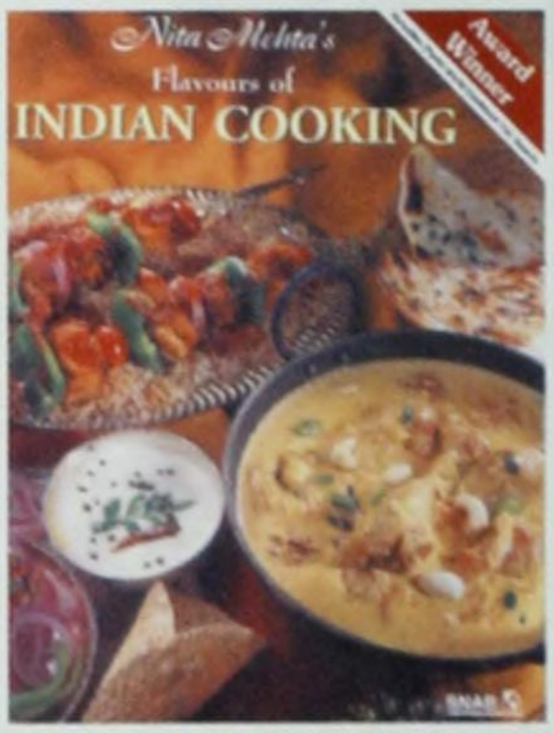


Taste of RAJASTHAN



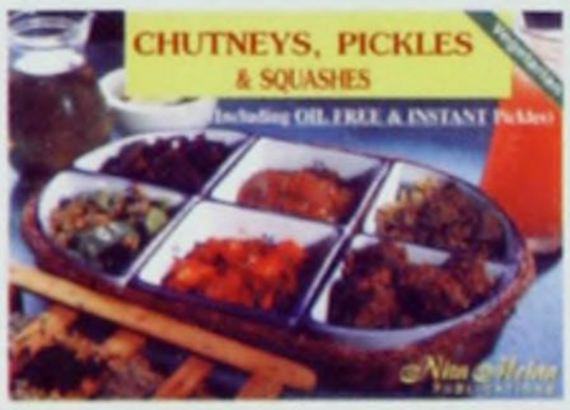
Taste of GUJARAT

AWARD WINNER

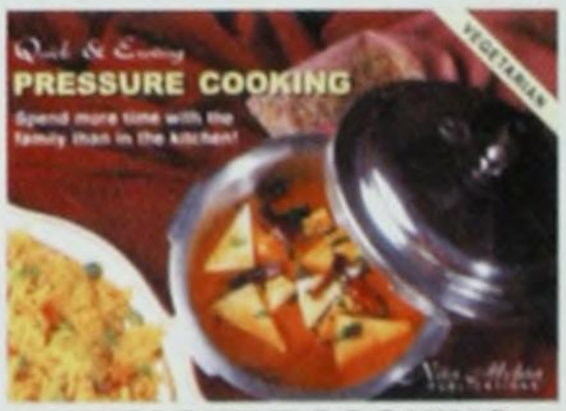


Flavours of INDIAN COOKING
(All Colour)

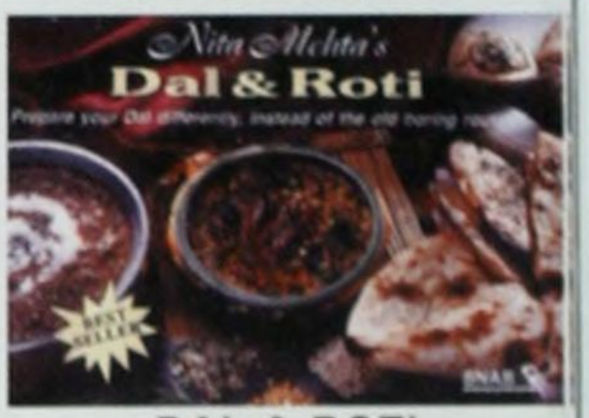
BREAKFAST Vegetarian Special



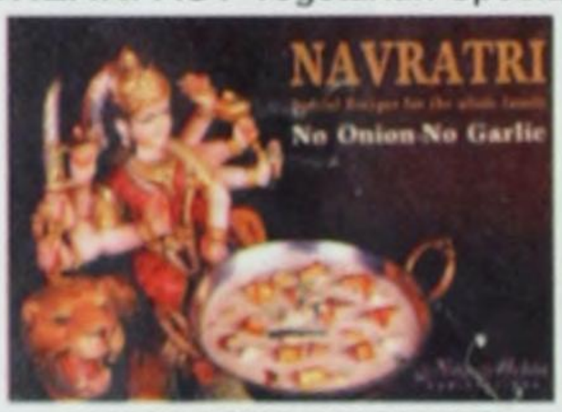
Chutneys Pickles & Squashes



PRESSURE COOKING

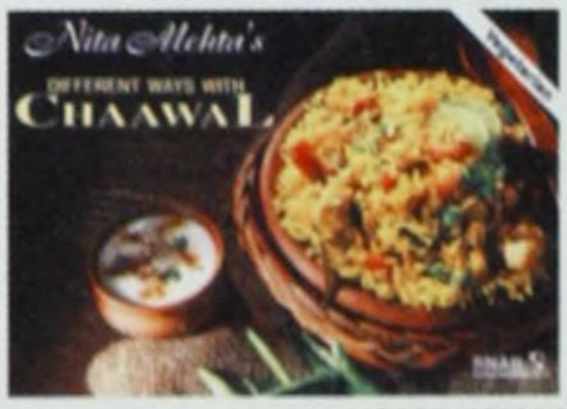


DAL & ROTI



NAVRATRI RECIPES

GREEN VEGETABLES

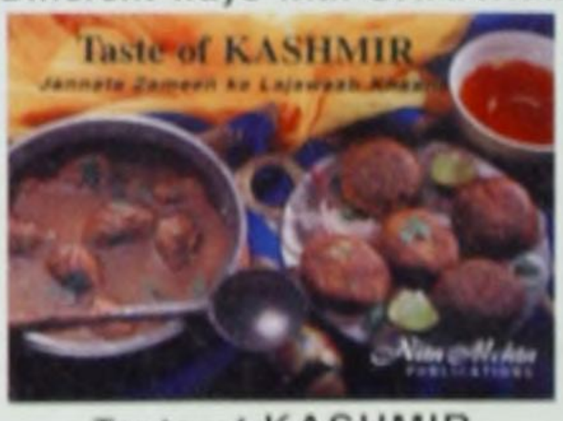


Different ways with CHAAWAL

PARTY FOOD

Eggless OVEN Recipes

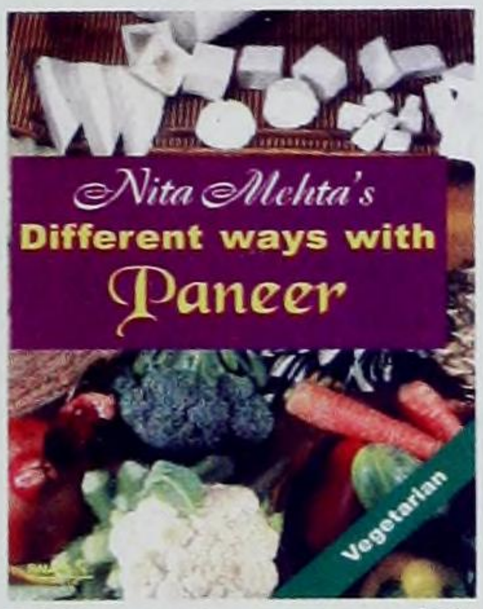
ICE-CREAMS



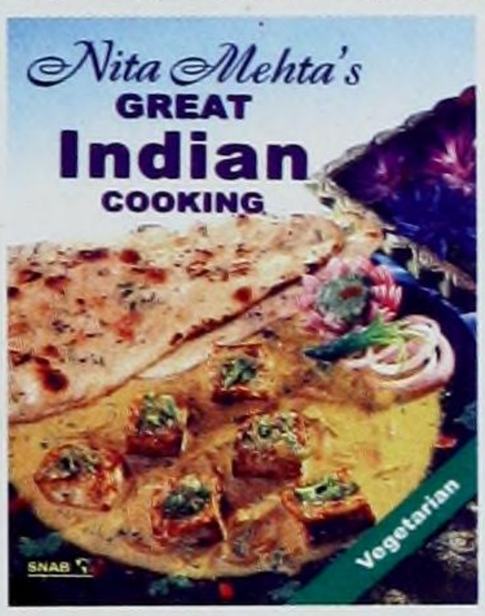
Taste of KASHMIR

THAI Cookery

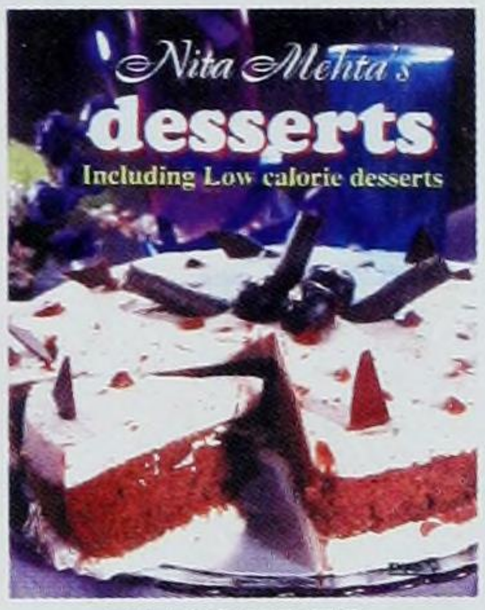
NEW RELEASES BY *Nita Mehta*



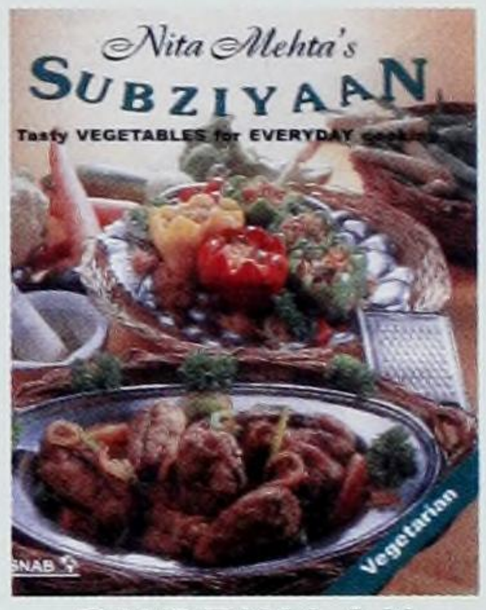
Different ways with PANEER



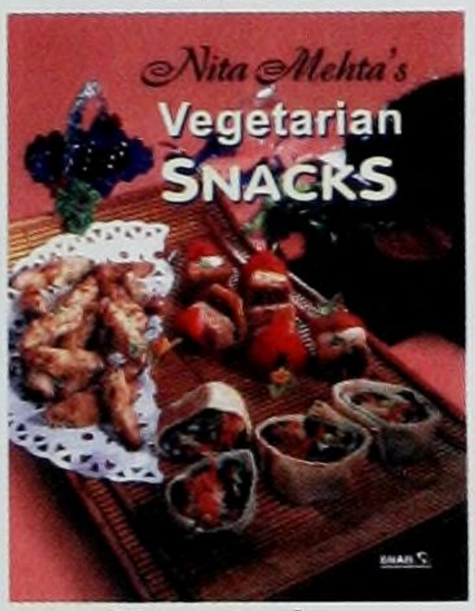
GREAT Indian COOKING



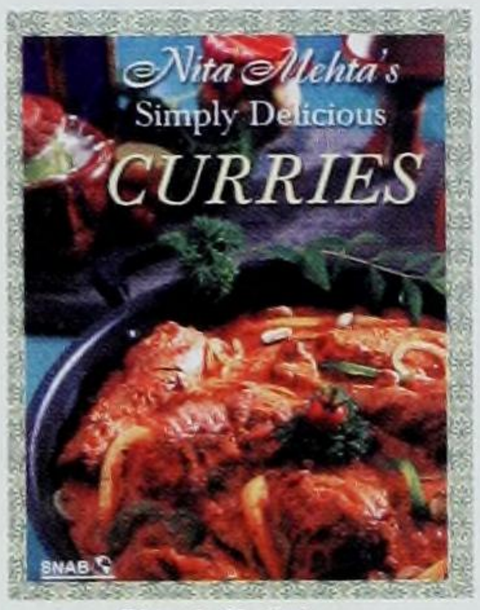
DESSERTS



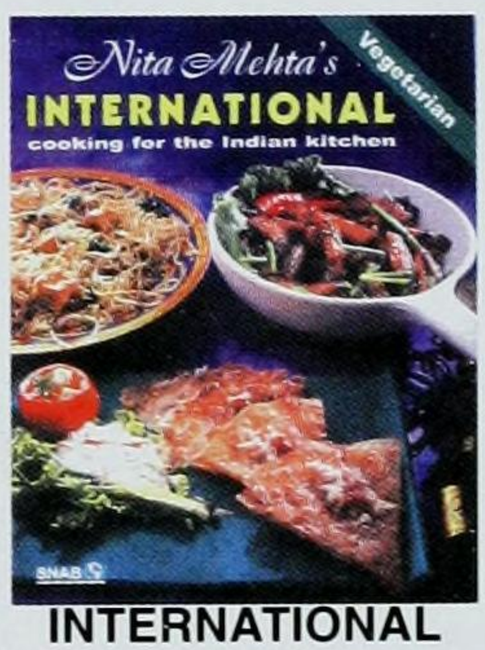
SUBZIYAAN
Tasty VEGETABLES for EVERYDAY Cooking



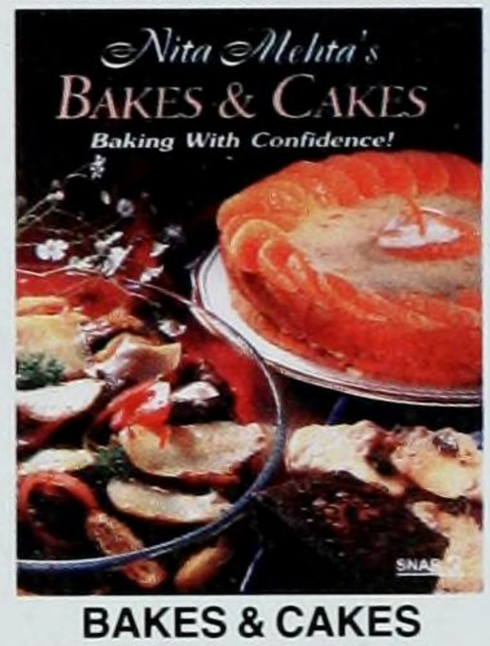
Vegetarian SNACKS



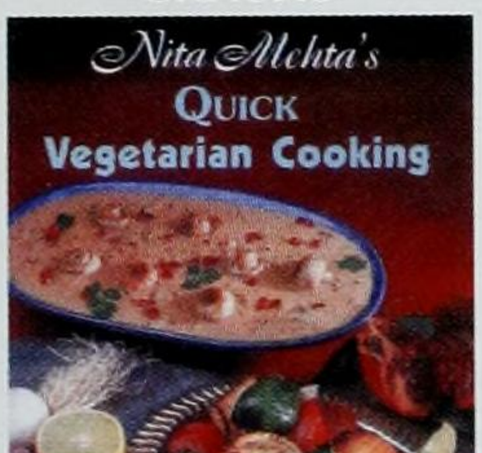
Simply Delicious
CURRIES



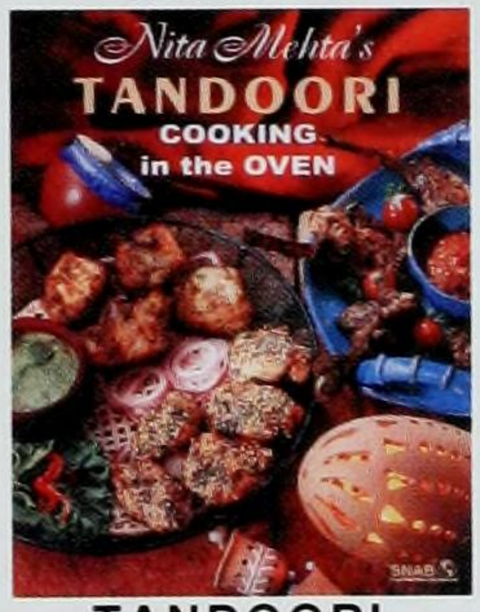
INTERNATIONAL
cooking for the Indian kitchen



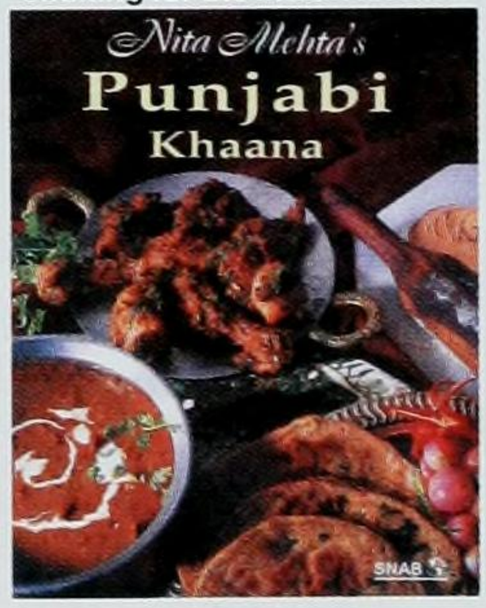
BAKES & CAKES
Baking with Confidence!



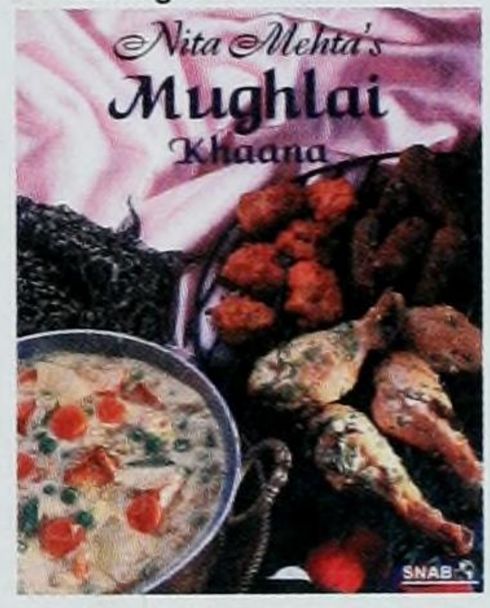
QUICK Vegetarian Cooking



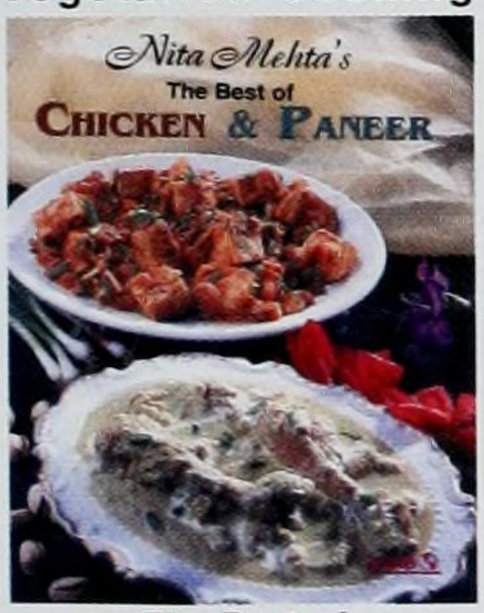
TANDOORI COOKING in the OVEN



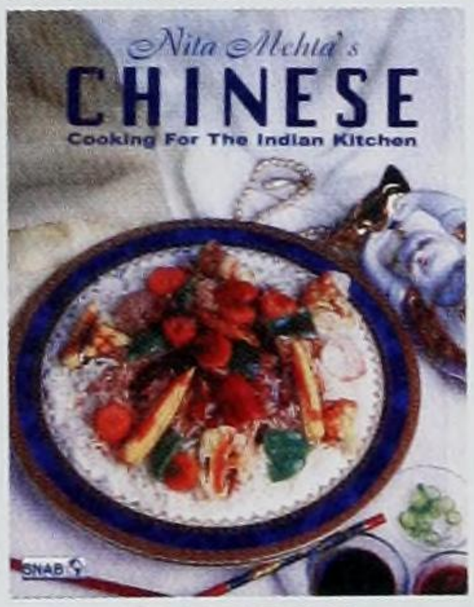
PUNJABI Khaana



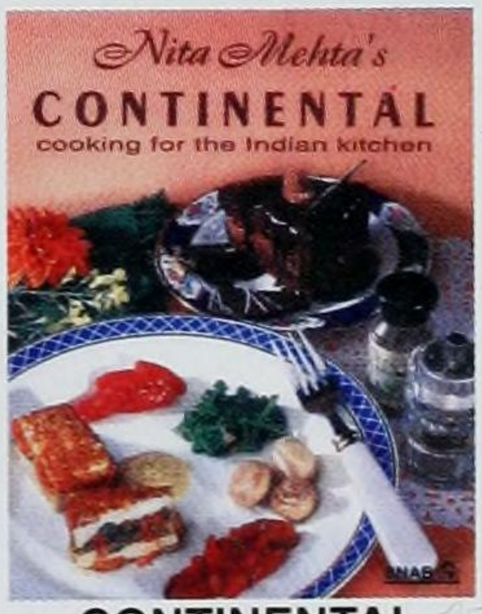
MUGHLAI Khaana



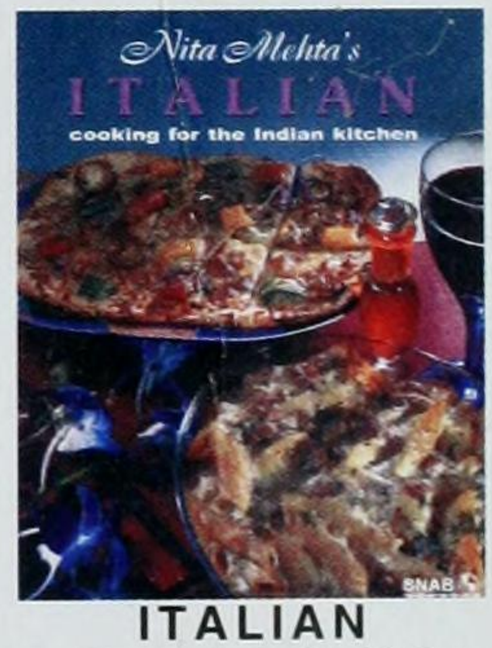
The Best of CHICKEN & PANEER



CHINESE
cooking for the Indian kitchen



CONTINENTAL
cooking for the Indian kitchen



ITALIAN
cooking for the Indian kitchen

NITA MEHTA COOKERY CLASSES

Starting 15Th of Every Month (4 Day Course)

CALL TO REGISTER: 26214011, 26238727, 23250091, 23252948 (DELHI)

Nita Mehta is a *Home Science* graduate from *Lady Irwin College, Delhi University* and a *Gold Medalist* in *M.Sc. (Food & Nutrition)*. An acknowledged cookery expert, she has been conducting immensely popular cookery classes for over 15 years. Several of her books have been reprinted 12-13 times in the last 8 years. She has authored more than 80 books on various topics including more than 70 best selling cookery books. She has written on topics ranging from authentic Indian to cuisines from all parts of the world. Her kitchen laboratory is always buzzing with activity as every recipe is tried out to the minutest details for taste, availability of ingredients and simple methods of preparation. Some of her books have been translated into *Hindi, Bengali* & *Gujarati* also.

ISBN 81-7869-023-3

9 788178 690230

SNAB